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## GRANITE VIEWS JODY REESE

### Gambling, no bonanza



With a new governor and new majority in the State House, there's a good chance we'll see a lot of change in the next legislative session.

That can be good, but usually newly elected officials feel they have a mandate and run hard in one direction. Former Gov. John Lynch was an exception to that impulse. He rarely overplayed his hand and was always restrained in any action.

That was one of the reasons he was so successful.

And with Lynch out of office, gambling is back. Lynch had opposed an expansion, killing any chance it would pass while he was governor. But now, with newly minted Gov. Maggie Hassan in favor of some form of expanded gambling, there is a much better chance of it passing. Add to that that Massachusetts is taking bids now to open several casinos and there's even more pressure on officials here to acquiesce.

If we limit gaming to the race tracks (where it is already legal in the form of betting on racing that takes place in other states) and another location in the North County, I think the negative impact on the state will be minimal. But I wouldn't expect a state revenue bonanza either. With Maine and Massachusetts now offering, or soon offering, casinos, New Hampshire will be lucky to get a small slice of the pie. Given all that, gambling just isn't the big issue it use to be. Pass it, don't pass it; we've waited so long it hardly matters any more.

The state and many towns are still grappling with pension issues. Under the current system with its defined benefits, local governments can easily short what they should be putting in by underestimating what they will need to payout. Governments (and some businesses) have been doing this for years, and it's the main reason why pensions across the country are underfunded by trillions (not billions). This is an area where the new House and governor could take some needed leadership. Let's give state employees the same choices private employees get and move their plan to a defined contribution one. This will stop the underfunding and give state employees the options to move back and forth from the private sector without being penalized. Few people keep jobs for life any more — why would we want to force this on our public servants? Makes no sense.

On a lighter note, there's news that former House Speaker Bill O'Brien is thinking of running for higher office, such as the U.S. House or Senate. Does the former speaker know that he needs to be liked by his own party to even be competitive?



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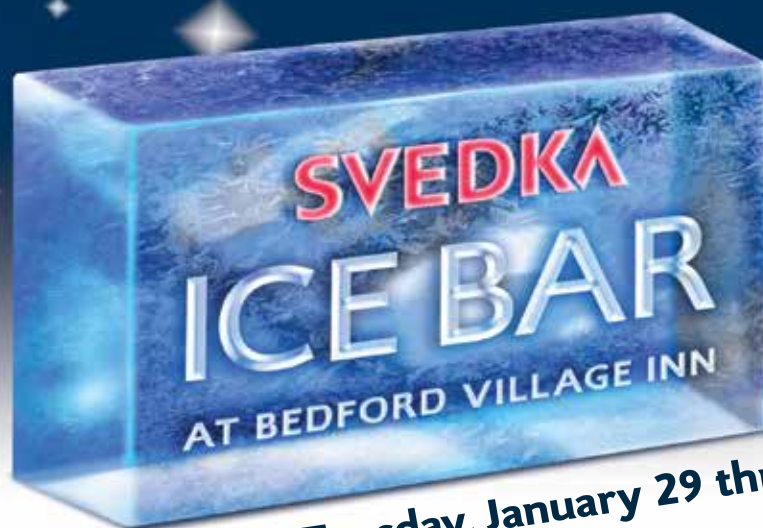
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# NEWS & NOTES

## Dems have a plan

Emphasizing a commitment to bipartisanship, Senate Democrats are pushing to grow the state's economy and to pass a fiscally responsible balanced budget as part of their legislative agenda, according to Senate leaders.

"Senate Democrats are focused on job creation through economic opportunity, growth, stability and passing a fiscally responsible balanced budget that meets the needs of the citizens and businesses of our state," said Senate Democratic Leader Sylvia Larsen, D-Concord in a statement. "We believe government can promote economic growth by supporting education, innovation, and infrastructure."

A top priority was doubling the Research and Development Tax Credit, a cornerstone of Gov. Maggie Hassan's "Innovate NH" jobs plan. Senate Democrats also said they are committed to keeping New Hampshire one of the most business-friendly states and ensuring every person who wants a job can get a job. Democrats acknowledged that although they plan to focus on job creation through economic opportunity, growth and stability, one of the most challenging tasks before legislators will be passing a fiscally responsible balanced budget.

"Senate Democrats stand ready and willing to work with Senate Republicans to develop a fiscally responsible budget that meets the needs of the citizens and businesses of our state," said Sen. Donna Soucy, R-Manchester. "While we are beginning to see signs of recovery, we still face uncertain fiscal times and we must be prudent as we build the next two year state budget."

## Picking the Pats

Patriots fever had been running high as the state lottery announced last week its New England Patriots \$5 instant ticket is the top-selling instant ticket in the history of the state's lottery system. Overall sales on the game have reached \$835,000 in 19 weeks. Nearly 80 percent of the one million tickets have been sold. The \$5 Patriots instant ticket went on sale in August. The ticket offers a top prize of \$50,000. No word on whether sales decreased immediately following the Pats'

playoff loss to the Ravens Sunday.

## Hold off on funding

State Sen. Nancy Stiles, R-Hampton, decided to withdraw her request for an education funding constitutional amendment. The new plan is to work with Gov. Hassan and interested parties to find consensus language over the coming months with the goal of introducing a proposed amendment early in the second year of the two-year session. Education funding has been a controversial topic since the state Supreme Court made two rulings resulting in the state spending the same amount per student statewide. Many officials have been interested in developing a system that would allow the legislature to target aid to the neediest communities.

"Amending our constitution to allow the legislature to target aid to communities and students who need it most must continue to be a top priority of the legislature," Stiles said in a statement. "However, with difficult decisions ahead concerning the state budget, expanded gaming, and expanded Medicaid, issues that require our immediate attention, I have decided to delay introducing a Constitutional Amendment until the legislature's second session in 2014."

## Officers run unopposed

New Hampshire Democratic Party Chairman Ray Buckley will be unopposed in his bid for a fourth term at the helm of the party. He's not alone in running unopposed. First Vice Chairman Martha Fuller Clark, Second Vice Chairman Dorothy Solomon and Secretary Bette Lasky will run unopposed in their reelection bids. Dan McKenna will run unopposed for his first term as legal counsel and Brian Rapp will run unopposed for his first term as treasurer.

## Veterans act proposed

Rep. Carol Shea-Porter reintroduced the Veterans Health Equity Act last week. The act would increase veterans' access to health care in New Hampshire. The legislation requires the Department of Veterans Affairs to ensure every state has a full-service veterans hospital or that



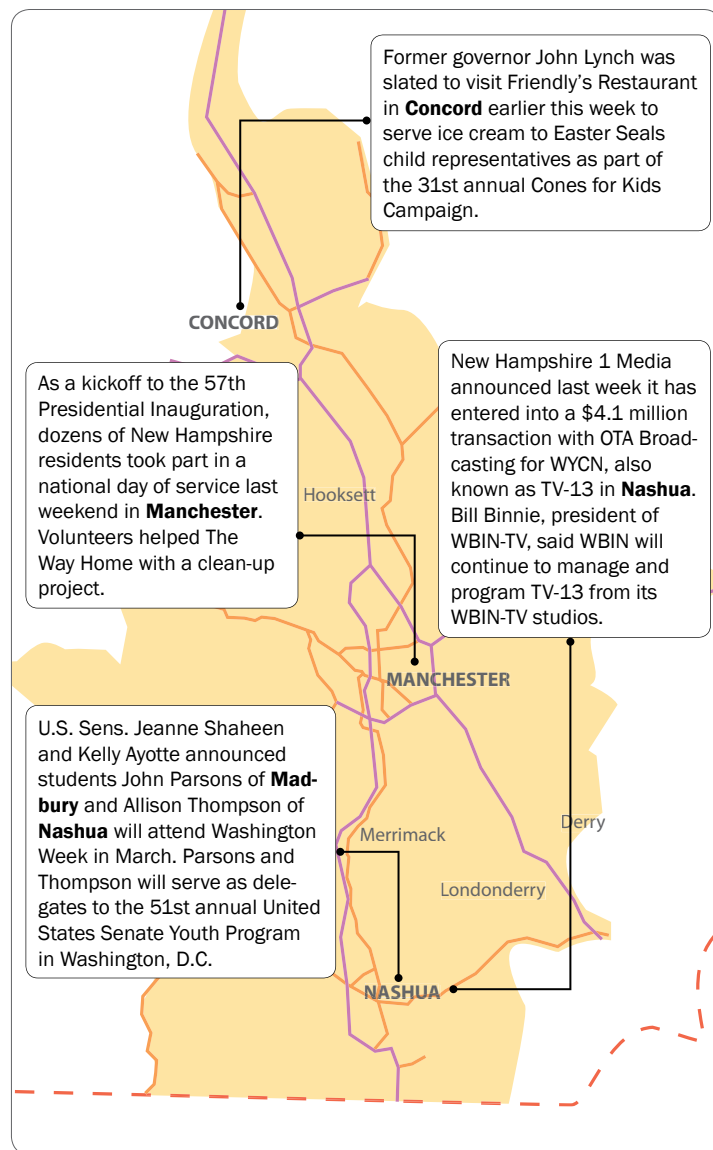
Patriots lottery fever gripped New Hampshire. That could change now that their season is over. Photo by Jeffrey Beall.

similar services are made available. New Hampshire remains the only state without a full-service veterans hospital or equivalent access. Although there have been improvements since Shea-Porter introduced this bill in 2008 — expanded mental health facilities at the VAMC Manchester, a fully staffed full-time Vets Center in Conway, and a partnership with Concord Hospital to expand access to medical care — further improvements are needed to expand access to in-state medical care for veterans, according to a press release from Shea-Porter's office.

## Arnold running for mayor

Manchester Alderman Patrick Arnold announced last week he would challenge Mayor Ted Gatsas in this fall's election. Arnold is serving his second term representing Ward 12. He says the city needs new leadership to spur job growth and innovation and to strengthen the education system.

"I'm running for mayor because I believe in the city of Manchester and our bright future," Arnold said in a statement. "I believe our city has countless opportunities to attract innovative new businesses and create good jobs. I believe



our schools have the potential to be the best in the state, and that our quality of life should attract people and businesses from all over the country. What we need are leaders at City Hall who are willing to put politics, personal agendas, and ego aside and make the best decisions for the people of Manchester."

Gatsas is currently serving his second term.

## New director

Gov. Hassan announced last week that Meredith Hatfield will

serve as director of the Office of Energy and Planning. Hatfield has served for six years as the state's consumer advocate, representing utility ratepayers before the state Public Utilities Commission.

"A modern and consistent energy policy for our state combined with smart growth strategies will help create jobs, reduce energy costs, protect our natural resources and give businesses the framework they need to grow and innovate in the rapidly expanding clean energy industry," Hassan said. 🌩️

## BEST WEEK



### HEIDI WELCH

Welch was recognized at the end of last year when she was awarded Teacher of the Year in New Hampshire. Last week, Welch was named one of four finalists for National Teacher of the Year. The music teacher at Hillsboro-Deering High School has been teaching for 16 years. The winner will be announced in April.

## WORST WEEK



### CARNIVAL GOERS

Concord was forced to cancel its Winter Carnival last weekend due to poor ice conditions. Instead the carnival will take place on Saturday, Feb. 2. The event was supposed to feature sledding and speed skating, as well as tasty treats and a parade. People will have to wait.





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## NEWS & NOTES

# Moldy regulations

Mold Task Force proposes a standard of care

By Jeff Mucciarone  
jmucciarone@hippopress.com

Anybody in New Hampshire can open a business and maintain that he or she is a mold professional. The state doesn't require any type of certification or qualifications. There are no federal, state or local laws, codes or regulations related to mold investigations or remediations.

A few years ago, legislators and indoor air quality professionals took notice and formed the New Hampshire Mold Task Force.

The task force recently released a report detailing a proposed standard of care in New Hampshire.

"The goal of this Standard of Care is to provide information to the citizens of New Hampshire not only about the causes of indoor mold, the possible health risks, and prevention measures, but also about the Mold Industry in general, including best practices and tips for hiring consultants and contractors," according to the Task Force's report.

For example, if a firm offers to do both the testing and remediation, that should be a red flag to the consumer to find another company, as it would represent a conflict of interest, the report said. People can go to the state's Department of Environmental Services website and find someone who is a certified asbestos removal professional or a septic system installer. But they can't do the same when it comes to mold.

Not all mold is problematic, and people have greatly varying sensitivities to mold. That makes it difficult to set mold standards.

Officials can't say, "It's a problem if mold is at this level, but not this level," said Philip Alexakos, a member of the New Hampshire Mold Task Force and the chief of environmental health and emergency preparedness at the Manchester Public Health Department.

"That causes some challenges in regulating," Alexakos said.

The Task Force's efforts are as much about educating people about mold as they are about protecting consumers: "One of the goals...is to hold those in the mold industry to a certain standard so that citizens are not physically and financially burdened by negligence and/or unethical behavior. Another goal is to give citizens a legal course of action when their rights have been violated," the report said.

The task force highlighted independent organizations that provide training and certification, as well as mold professionals who have gone through that training. Peo-

ple can go to the Attorney General's office or the Better Business Bureau to check out prospective mold remediation contractors, but that won't necessarily tell them how qualified they are to do the work. Third party certifications are important in protecting citizens as well as maintaining credibility in the industry.

## Finding and eliminating mold

Alexakos said his office gets a fair amount of mold-related calls. Flooding often leads to mold issues. Staff increase outreach following flooding events.

It's difficult to know if mold issues are getting better or worse. The task force is trying to get its hands on insurance claims to see if they can get an idea.

"It's something that's persisted," Alexakos said.

Mold, which gives off a musty odor, exists in the home. People can't eliminate mold spores, but they can take steps to eliminate growth. That's all about eliminating moisture where it shouldn't be present.

Mold exposure can be serious, particularly for very young, elderly and other folks whose immune systems have been compromised. People's reactions to mold vary. People complain of eye itchiness, headaches and respiratory issues. Mold is an asthma trigger for some and can impact an already compromised immune system.

People often see mold in the bathroom, perhaps on the bathtub or on a sink. That mold can typically be washed away with soap and water. But mold growing on the inside of a wall out of view is more difficult to identify. Mold spores are everywhere, but mold needs moisture to grow. An ongoing water leak provides food for mold.

"If there's no ventilation, it's going to be an ongoing challenge," Alexakos said.

Alexakos has heard stories of people who steam clean their carpet and then close off the room right afterward — a surefire way to encourage mold growth. Alexakos said after water exposure, it's best to dry out the area within 48 hours to prevent mold growth.

Alexakos warned people to beware of mixing chemicals when cleaning up mold. People are generally aware of the threat mixing ammonia and bleach poses, but beyond that, Alexakos said people have a tendency to want to hit everything with bleach. Bleach will kill the mold, but the wrong mixture of bleach and other chemicals can cause other problems as well.

If someone washes mold away but the area still feels damp after the fact, it's likely the mold is growing through from the other side of the wall.

# BEER TAX

State Rep. Charles Weed, D-Keene, recently introduced legislation that would raise the state's beer tax on wholesalers. Amid outcry from the beer industry, Gov. Maggie Hassan has said she would veto the measure.

House Bill 168 would increase the state beer tax by **33%**



The increase would result in an additional **\$4.3 million** to be used for prevention and treatment of alcohol abuse on which the state spent \$13 million in federal and state funds this fiscal year.

Information from the state Department of Health & Human Services.



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**NEWS & NOTES**

# Welcome to America

## Former state GOP chair looks at immigration reform

By Jeff Mucciarone

jmucciarone@hippopress.com

There's one particular political issue Fergus Cullen, the former state GOP chairman, has spent a number of years thinking about — and he's ready to do something about it. The son of Irish immigrants, Cullen is going to tackle immigration reform. Cullen announced last week the launch of a new advocacy organization, Americans By Choice. He's hoping the organization can spur immigration reform on at a national level.

"I am not new to this issue," Cullen said. "This is something I've cared about and thought about seriously in terms of policy reform for many years."

Cullen said he began thinking seriously about forming an organization in 2011, when there continued to be a void on immigration reform on the political right. Cullen describes the organization as center-right on americans-by-choice.org.

Cullen's idea for reform includes three pieces. Number one, reform should include measures making it easier for talented professionals to come live and work in America legally. Number two, reform should involve creating a guest worker program for less-skilled laborers as a way to help meet the real needs of the American economy. And number three, reform should involve a "pragmatic and realistic approach to the millions of immigrants living amongst us who are undocumented."

"We can't pretend they aren't here," Cullen said. "We can't pretend they don't exist. We need to give them some form of legal status. It doesn't mean it has to be citizenship, but some kind of legal status that acknowledges them as people."

That type of approach isn't lost on Republicans, Cullen said. He said people understand the system is broken. High-tech companies are having trouble getting the highly skilled engineers they need. Colleges are turning out people with advanced degrees who are foreign, people who would like to stay in this country but can't get a visa to do so.

So why has it taken so long to reach some kind of reasonable agreement on this issue?

"In part, it's politics," Cullen said. "And that's partly why Americans By Choice exists as well. Do you think Democrats would rather have a solution or would they rather have the issues? What I mean by that, for Democrats, it's been to their political advantage to string this issue out. It makes the GOP look bad. It drives a wedge

between new and recent American populations and GOP candidates, as we just saw in the last election.

"They've got the political incentive to let it go indefinitely. On the right, there are certainly some Republicans who are vocal, anti-immigrant, nativist, know-nothing, and who oppose immigrants of all kinds regardless of status. There are also certain Republicans who are afraid to take on that element within their own party."

But for Cullen, he'd like to get beyond the politics. His board of directors is a bipartisan group of leaders all with New Hampshire ties, including George Bruno, a former state Democratic party chairman. Despite the New Hampshire connections, Cullen is trying to take a very national approach to the issue, he said.

"I'm persuaded many more recognize the system is broken and that it needs reform," Cullen said. "We need to help bring the discussion forward."

Developing an immigration reform plan would only have a positive impact politically on the GOP.

"We have to recognize that it has become politically imperative for Republicans to get this issue right," Cullen said. "We cannot win elections when we're depending on getting 120 percent of the white male vote."

Part of the issue with immigration reform is a matter of perception. When it comes to immigration, people think low-skill, low-wage workers from Mexico. Cullen said there are highly skilled, highly trained, highly educated professionals and entrepreneurs who want to come to this country to develop their ideas and their businesses — all while creating jobs. It's difficult for them to do so now.

Cullen has his sights set on reform sooner rather than later. He didn't set up the group to talk to future potential presidential candidates. He'd like to get the ball rolling now.

In developing his plan, Cullen spoke with national leaders to get their advice. The response was positive, but the election took precedence this past year. Immigration became a losing political issue for Republicans in November. After the election, Cullen thought, "If not now, when? And if not me, who?" Now it's a matter of testing the group's immigration theories in the donor community, and to rally like-minded individuals in this direction.

"I thought really seriously about how I could make a difference and where I should put my energy," Cullen said. "I just kept coming back to this." 🐘





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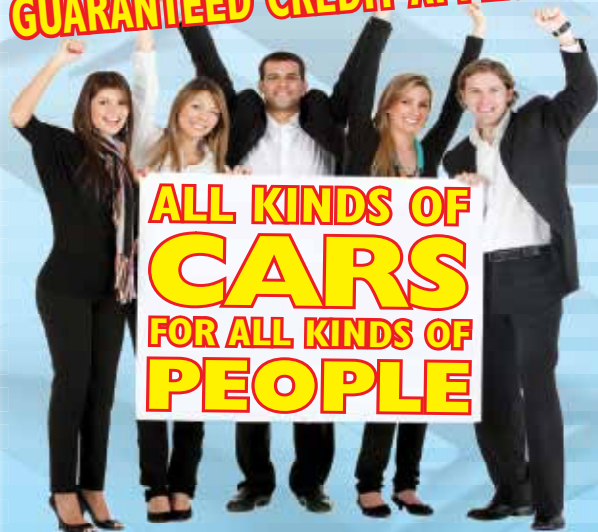


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## NEWS & NOTES Q&A

# Connect the dots

## Kate Baker finds educational opportunities

The executive director of the Network for Educational Opportunity, Kate Baker works to connect New Hampshire families with opportunities, whether that's in the form of charter schools, home-schooling or private schools. Her organization, which is hosting two expos aimed at connecting families with resources, is promoting the education tax credit program, which allows businesses to receive tax credits for donating to a scholarship fund. The program is designed to help low-income families access private schools or other public schools they wouldn't otherwise be able to afford. Critics say the program diverts public money to private schools. A recent lawsuit questions the program's constitutionality.

**Q:** What are you hoping people get out of [the expo]?

We're hoping families see the education options that exist, particularly in our area. For example, the Polaris Charter School, or the Green Valley Montessori School in Pembroke, or the Beech Hill School ... that's just a few of them. We have a very diverse group coming and hoping to meet with families. Because there are scholarships available for next year, it gives people a chance who would not otherwise be able to afford it. Now they may have the opportunity to do so. We're hoping to make those types of connections.

**So it's a chance to see what's out there?**

Yes, and we're particularly reaching out to low-income families in urban areas and hoping to connect them with resources

**Is New Hampshire stacking up well in terms of school choice opportunities?**

Now that we have the education tax credit scholarships, New Hampshire does stack up fairly well. Our charter schools are really an exciting opportunity for families as well. They're tuition-free so there are no barriers to entry in that regard. There are opportunities available to families in the form of charter schools, and now in the form of scholarships. We had about 90 families apply, and almost 60 percent of them are free-and-reduced-lunch income-level families. So people are showing they have an interest in choosing schools, but yet, it would be impossible for them to do so without a scholarship. It's amazing work.

**What are your thoughts on the lawsuit against the program?**

It's already been to Supreme Courts [in other states] and been proven to be constitutional because businesses are giving to a scholarship organization. That's what makes it constitutional. It's not money going from the government to a family. It's much different than how sometimes people perceive. For example, children use scholarships to go to a myriad of colleges, from Saint A's to UNH. No one says you can use it here or you can't use it there. It's a scholarship organization helping children



Courtesy photo.

with high need. I feel it makes good sense. Frankly, I'm not going to rest until I deliver on the promise to families. That's really my deal. It's just amazing work.

**How did you get interested in connecting people with resources like this?**

I founded a parent support group in 2004 that helped parents work with schools and find education opportunities. [Baker was one of the founders of the Polaris Charter School.] It's not a new thing for me. ... It seems to be that we make choices in every area of our lives, except in schools K-12. We choose what college we go to. We choose what laundry detergent, which car. We really do a good job with that stuff. We understand that parents know the best possible education for their child but then assigning them by zip code just doesn't make sense to me.

**What does New Hampshire need to do?**

I think we're on the right road. I'd like to see the Board of Education work with charter schools more. Right now, they're not approving any new charter schools. I think they should revisit that decision and approve more charter schools.

— Jeff Mucciarone

## Learn about schools

The Network for Educational Opportunity is hosting education opportunity expos during National School Choice Week: Monday, Jan. 28, at the Tilton-Hampton Inn in Tilton from 4 to 8 p.m. and Saturday, Feb. 2, at Liberty Harbor Academy in Manchester from 10 a.m. to 3 p.m. Two \$1,000 scholarships will be available. Representatives from area private schools, public charter schools and homeschool organizations will answer questions. The Network for Educational Opportunity will conduct information sessions at the Manchester event at 11 a.m. and 1 p.m. to explain education tax credit scholarships.

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## NEWS & NOTES

# QUALITY OF LIFE INDEX

### NH hearts cats

New Hampshire ranks 10th nationally in terms of cat ownership, with 34 percent of households owning a cat. Conversely, New Hampshire fell in the bottom 10 for dog ownership, according to the American Veterinary Medical Association. The organization conducts the survey every five years. Vermont was the top pet-owning state, with nearly 71 percent of households owning a pet. Massachusetts was last at 50 percent pet ownership. In New Hampshire, just 30 percent of households had dogs, according to the report.

**QOL Score:** 0 (+1 for cats, but -1 for dogs)

**Comment:** Did New Hampshire miss the saying about a man's best friend?

### Sure, snow stinks when you're driving...

... but when you're going by snowshoes, skis, or a snowmobile, snowfall like last week's is critical. Snow is a QOL booster for skiers and snowmobilers, but the powdery stuff also positively affects those who don't play in it, too — snowmobiling brings in an annual average of \$586 million into the state each year, according to an article in the Nashua Telegraph. Ski businesses, too, saw explosions after the holidays, according to the article.

**QOL Score:** +1 for snow

**Comment:** Hold off your anti-snow dance until ski season is over. It's for the good of the economy.

### A sort-of break for students

A new student loan program, Pay As You Earn, allows those eligible to cap their monthly student loan payments at 10 percent of their discretionary income, and for the remaining payments to be forgiven after 20 years, according to the U.S. Department of Education. The Eagle Tribune reports that the program is expected to benefit 1.6 million borrowers. The program, which began Dec. 21, is available to qualified borrowers; students must have started taking out federal loans after Oct. 1, 2007, and must have received a loan disbursement after Oct. 1, 2011. They must also qualify for "partial financial hardship."

**QOL Score:** +1

**Comment:** Previously, loan payments were limited to 15 percent of discretionary income, with the remaining debt forgiven after 25 years.

### Modest declines in childhood obesity

A study by the Centers for Disease Control and Prevention recently revealed modest declines in obesity among 2- to 4-year-old children from low-income families nationally, as well as in New Hampshire. CDC researchers say the dip might indicate the obesity epidemic has passed its peak in this age group. The study reviewed height and weight measurements of 27 million children who were part of the federal Women, Infants and Children (WIC) Nutrition Program, including more than 20,000 preschoolers annually enrolled in the New Hampshire WIC Program in the state's Division of Public Health Services. The study was based on data from 30 states and the District of Columbia and covered the years from 1998 to 2010. The national rate of children who were obese declined to 14.9 percent in 2010, down from 15.2 percent in 2003, after rising between 1998 and 2003. In New Hampshire, the rate of children in the WIC Program who were obese declined to 14.2 percent in 2010, down from 15.6 percent in 2003.

**QOL Score:** +2

**Comment:** "The declines in obesity and overweight among these children are modest, but it is encouraging to see a change in the right direction," said Dr. José Montero, director of Public Health in New Hampshire.

**QOL score: 50**

**Net change: +4**

**QOL this week: 54**

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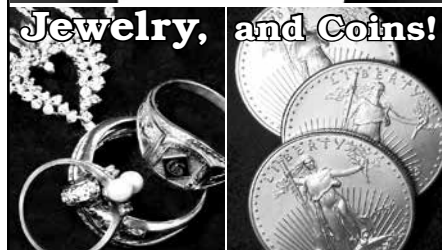
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## No one 'raven' about playoff loss

After losing to Baltimore 28-13 in the cold at Gillette Stadium, that's all she wrote for the 2012 Patriots. So the questions are: why did they go down, and does not going to the Super Bowl make the season a failure, as some in the cheap seats will inevitably suggest?

First let's deal with the latter. It's one thing if a player, coach or even an owner says that, like the Celtics in the Bird era. That's admirable, because it says what their expectations are and that the organizations is — to use a phrase I hate — "championship driven."

As a fan, you want your team to set its sights on winning every year, because if it's not just talk, as it wasn't with Bird, it means they'll put in the effort to make that happen. That's all any fan has a right to expect, in my humble opinion: maximum effort at all times. Which, unlike the current Celtics, the Patriots have delivered every year under **Bill Belichick**, except maybe 2009.

But for fans, or media yackers, to say it's a failure smacks of being spoiled by all the success. Entitlement like that deserves an **Ebenezer Scrooge**-like nightmare that drops them in Cleveland where the Browns won that city's last title of any kind, 48 long years ago in 1964. And before you say, "Well, that's Cleveland," football fans there once understood exactly what it's like to be Patriots fan now.

You see, the Browns once were the Patriots, while playing in 10 STRAIGHT title games (winning seven) between 1946 and 1955 behind the era's greatest winner, **Otto Graham**. But even though the great **Paul Brown** remained coach through 1962, after Otto retired they won just that title in 1964 and that's been it since.

They haven't been bad all that time, as they lost in the title game to the Packers in 1965 while having heartbreaking confer-

ence championship game losses in 1980, '87 and '88 and got their last playoff win under Belichick (and over the Patriots) in 1994. But their team was stolen by Baltimore (the first of three reasons I sports-hate the Ravens) a year later, and even though they got a team back three years later, they've never been able to recapture the lost glory. So while there's no evidence all that happened because fans enraged the football gods with a sense of entitlement, my message to all is appreciate what you've got, because it can, and probably will, go away when **Tom Brady** hangs them up.

Now, for what happened this year. This wasn't losing to the Giants on the final possession after getting the lead back to be within a minute of winning it all as they did in '07 and last year. They were thoroughly outplayed by the Ravens on their home field in the playoffs for the second time in four years. They were also out-coached and clearly out-hit in a game when the one who hits the hardest more times than not wins the game — the latter of which may have been inspired by the **Ray Lewis** (the second reason I sports-hate the Ravens) farewell tour, which makes it harder for folks like me to take.

But even as **Joe Flacco** played very well once again against the Patriots, most responsible was the defense of the mouthy (the third reason) Ravens, which gave the Patriots one TD in six trips to the Red Zone. And while people keep saying it's a quarterback league, the better defensive team once again won in the playoffs — which, after 90 years of NFL play, and seeing the league's first (Pats in '07), second (Pats in '12) and third (Vikings in '97) most prolific offenses in history not win a title, that should not come as a surprise.

This all re-enforces what I said in my season preview this year: they haven't won bubka since Brady became a record-setting thrower and the rugged, hard hitting, clutch Super Bowl defense got old. Thus where

they need to improve most is on defense, where they never make good a quarterback look like **Peyton Manning** did in the '03 and '04 playoffs and the Ravens made Brady look on Sunday.

It's not that they haven't made progress. Coach B has basically built a young defense over the last couple of years to the point where, when combined with the prolific and now more physical offense, it's good enough to get them to double-digit wins each year. **Vince Wilfork** is very good if not great, **Jerod Mayo** is solid, and **Aqib Talib** helped the secondary get far better than its pathetic showing in the first half of the year. Plus, rookie **Alfonzo Dennard**, **Dont'a Hightower** and **Chandler Jones** along with **Devin McCourty**, now that he's a safety, show promise.

But there was NO pass rush again on Sunday, which makes it tougher on the secondary. What they need most is a consistent big-play guy you must game plan for and someone in the secondary who pounds people like **Rodney Harrison** or Baltimore's **Bernard Pollard**, who put another Patriot pelt (Brady, **Wes Welker**, **Rob Gronkowski**) on his belt when he put **Stevan Ridley**'s lights out on the game's decisive play.

So first, Bill and the guys deserve a hand for another 100-percent effort with lots of high points. Second, after a rest to recharge, the GM needs to finish the job of building a defense that can lead them into the playoffs and not be pulled there by the high-powered offense that has gone dark, like most offenses do in the National Quarterbacks League, when it counted most in '07, '09, '10, '11 and now again in 2012.

Dave Long can be emailed at [dlong@hippopress.com](mailto:dlong@hippopress.com). He hosts Saturday Morning Sports with Dave Long from 10 a.m. to noon Saturdays on WGAM — The Game 1250-AM in Manchester and 900-AM in Nashua. ☁

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## Sports Glossary

**Woody Hayes:** Biggest sore loser of his or anyone else's era while serving as head coach at THEE Ohio State University. A guy whose career not surprisingly ended after punching Clemson now guard **Charlie Bauman** in the throat after his interception iced the Tigers' 1978 Gator Bowl victory over Hayes and the Buckeyes. But he wasn't a bad coach in the interim, where he won five national titles, and 13 Big 10 titles and was 238-72-10 in a 30-year coaching career.

**Otto Graham:** Tom Brady before there was Tom Brady, while being the dominant player of his year as quarterback for the vaunted Cleveland Browns of the 1940s and '50s. Led them to seven All-American Football Conference (which joined the NFL in 1950) and NFL titles and 10 straight title-game berths. A 10-year span included nine first-team All Pro designations and a second-team slot and when the career record was 114-20-4 in the regular season and 9-3 in the playoffs. He had a three-year stint as head man with the Redskins and was a three-time NFL-MVP and was inducted to the Hall in 1965.

**Paul Brown:** Bill Belichick before there was Bill Belichick. Organizational genius in the early days of football, who as the autocratic coach of the Cleveland Browns from 1946 to 1962 was the first to use an intelligence test to determine the mental capacity of players, pioneered the use of film study, invented the face mask, the draw play, taxi squad, was the first coach to call all the plays from the sideline via messenger guards who changed places on every play and to integrate pro football with the signing of Marion Motley. Later became coach and owner of the expansion Cincinnati Bengals. All told, the record was 170-108-6 with seven league titles, 10 championship game appearances and as owner/GM, two Bengal teams went to the Super Bowl.

**SPORTS** DAVE LONG'S PEOPLE, PLACES & OTHER STUFF

# Kelly's new green is large

**The Big Story:** The week's story was the reverse pulled by Central alum **Chip Kelly** to leave Oregon and take over as the head coach of the Philadelphia Eagles. It makes him the first man to head an NFL team with direct New Hampshire ties since ex-St. Anselm star running back **Scooter McLain** in the years right before **Vince Lombardi** took over the Packers in 1959. Kelly leaves Oregon after four years, where he was 46-7 and his 86.6 winning percentage was higher than any former college coaches now in the NFL. The deal is worth \$32.5 million over the next five years.

**Sports 101:** What 1968 sportsmanship-of-the-year candidate said to a reporter, after being asked why he went for a 2-point conversion after his team scored a TD with 1:23 left to make it 50-14 against his team's arch rival, "because we couldn't go for 3?"

**Alumni News:** The NFL isn't the only pro league with alums now as head coaches. The count is two in the NBA after former 1990s UNH headman **Jim Boylan** took over for the deposed **Scott Skiles** in Milwaukee and **PJ Carlesimo**, who coached at then New Hampshire College in 1975-76 and replaced **Avery Johnson** after being bounced in Brooklyn.

**The Numbers:** Unlike breaking a

## The Numbers:

5 - different people scored for Bedford when it moved to 7-1-1 in a 6-2 win over Alvirne when **Kurt Mitchell** was high with a pair of goals.

9 - wins without a loss for the Pinkerton girls after Friday's 56-23 victory over Concord, when **Kayla Stacy** had 12 points.

20 - saves from Concord's **Benjamin Nelson** in leading the Crimson to a 3-1 win over Bishop Guertin when his opposite number

in goal, **Griffin Scanlon**, had 23.

23 - points scored by **Taylor Choate** to help Nashua North stay undefeated at 7-0 with a convincing 64-39 win over Timberlane.

27 - points scored from **Jordan Lates** in helping Nashua South move to 6-1 on the year with a 61-49 win over Salem.

28 - game-high number of saves from **Ryan Slatky** when Trinity got by Londonderry in a 3-1 win on Friday night.

school record in a game you lose, a coaching milestone is one of those that's hard not to celebrate. That was the case for St. Anselm's **Keith Dickson** when he picked up his 500<sup>th</sup> career win on Tuesday night in a 101-54 rout of Pace. It made the overall record 500 up against 280 down and him just the 16<sup>th</sup> ever in Division II history to hit that mark. Congrats to Coach Dickson.

**New Hampshire vs. the World:** In an ESPN.com poll last week, where 49 states and 63 percent of all voters gave their approval to the San Diego Chargers choice of Denver Broncos Offensive Coordinator **Mike McCoy** to be their new head coach. The dissenting state was New Hampshire, where 53 percent gave it thumbs down.

**Sports 101 Answer:** The sportsmanship of the 20th-century candidate that went for 2 with a 36-point lead in the 1968 edition of the Michigan - Ohio State game was OSU head man **Woody Hayes**.

**On This Date - Jan. 24:** 1950 - **Jackie Robinson** signs highest contract (\$35,000) in Dodger history. 1962 - Robinson is 1st Black elected to Baseball Hall of Fam. 1964 - CBS purchases 1964 and 1965 NFL TV rights for a now paltry \$28.2 million.

**Births:** 1968 - **Mary Lou Retton**, gold medal gymnast from the 1984 LA Games.

29 - night-high points scored by all-name teamer **Tongo Akot** when Memorial beat ex-coach **Mike Fitzpatrick** and Bedford 67-55 on Friday night.

89 - points scored by Londonderry in a 54-point trouncing of Keene, when **Alicia Simpson** with 28 was high for the Lancers.

92 - points scored by the Trinity boys in a 92-42 win over West, when **Carmen Giampetruzzi** was high man with 24.



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# Go In & Play

by **Cory Francer**  
cfrancer@hippopress.com

## **Climb, swim, dodge or crawl your way through winter**

It's Sunday morning and the sights and sounds of sports are all around. Young kids run up and down two soccer fields as parents line the sidelines, cheering their children on. A few steps away are the unmistakable hollow sounds of volleyballs striking forearms and fingertips as a league starts up its games. And the ping of baseballs meeting aluminum bats resonates above it all. Sure, this is a common scene in New Hampshire's parks during the spring, summer and fall. But, it's January, it's 30 degrees out, and these sounds are all contained within the four walls of Derry's SportsZone.

Throughout Southern and Central New Hampshire, there are places like this that allow you, in the middle of winter, to hit a baseball, kick around a soccer ball, rock climb or try something new (pickleball anyone? maybe a little fencing?), all with a roof over your head. Playground season doesn't have to end for kids either, with indoor play centers that feature inflatables for bouncing, mazes for crawling and games like laser tag to keep the younger crowd moving and having fun.

So grab your glove, lacrosse stick or running shoes (or just some non-hole socks if you're going to an indoor playground), and check out these hot spots.





The SportsZone in Derry hosts youth soccer leagues throughout the winter. Cory Francer photo.

The grass is greener inside

It’s never too hot or too cold, the “grass” is the perfect length and rain delays don’t exist — it’s a sports utopia for kids and adults alike. Even in the dead of winter, indoor sports facilities let you stay in shape, play your favorite sport and even keep biking throughout the winter.

At the Concord Sports Center, general manager Bryan Caruso said bringing baseball and softball indoors is the primary focus. But the center’s turf fields let soccer, lacrosse and golf enthusiasts also stay active.

“We have instructional clinics where we can really break down each aspect of the game and prepare players to get outside,” Caruso said. “That’s our main focus.”

For those who don’t want to commit to one-on-one instruction or participate in a clinic, batting cages can be rented out for baseball or softball, and batters can take as many swings as they like within their rented time frame.

With or without instruction, winter practice sessions of some sort are almost becoming a must for school-aged kids. Caruso said in recent years youth skill levels have been improving, so to succeed in team tryouts and play on par with peers, young athletes can’t just sit around all winter. Indoor sports facilities allow them to shake off the rust.

“Sports have become more competitive,” Caruso said. “More athletes are participating at the college level, and it takes a commitment at a young age.”

In other sports, Caruso said golfers have also been flocking to the facility to tee off on the turf. For years, Caruso said, customers have asked to hit balls on the fields. Now, on Tuesdays and Fridays from noon to 3 p.m., Concord Sports Center becomes

A LEAGUE OF MY OWN

It’s dark, snow is falling, and my car skids as I pull out of my street. I’m still shivering as I wait for my car to heat up, but all I can think is, it’s a perfect night for softball.

I’m in my second year of playing indoor softball with the New Hampshire Sport and Social Club, a Manchester-based organization that hosts sports leagues in Manchester, Nashua and on the Seacoast. On Monday nights, the indoor softball league takes over Play the Game, a baseball- and softball-specific training facility and retail store near the Manchester and Londonderry city line.

The game looks nothing like it does outdoors. The field is narrow and compact. There are only two outfielders. There’s a net that frustratingly hangs around the perimeter of the field and from the ceiling, making every batted ball that’s not a line drive or ground ball drop right in the middle of the infield.

The games can get competitive, but crammed into such a small space, it can feel more like a live-action pinball game than softball. The goofiness translates through to the people who play it. Most do it for the social aspect just as much as for the “sport.” After all, how seriously can you take a league in which the standard uniform is a T-shirt featuring Paul Revere drinking from a frosty mug of beer?

As a poor to fair baseball player in high school, I’ve always loved the game but haven’t found too many opportunities to play since then. With the NHSSC, I can still take some swings, field a ground ball and feed that lingering competitive need.

And the fact that I can do it inside, warmly, in the middle of winter — well, that’s just a bonus. — Cory Francer

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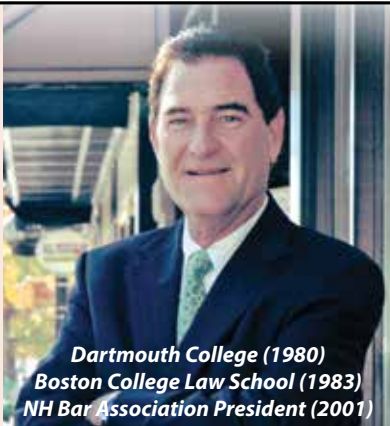
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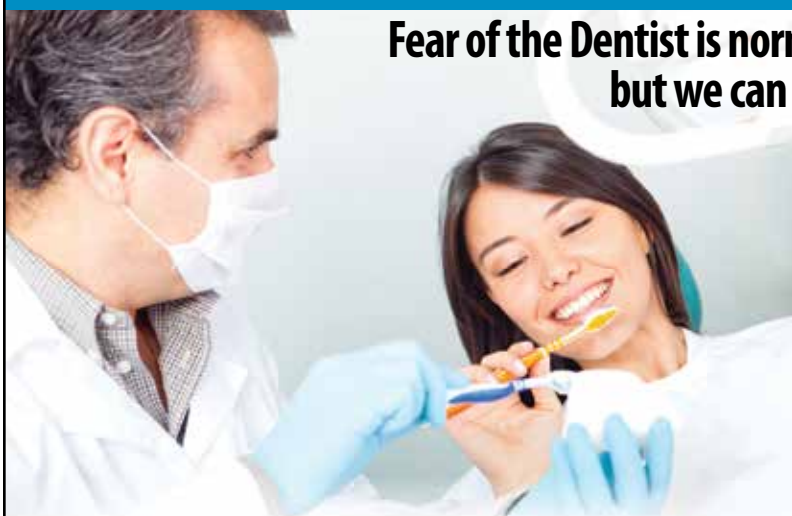
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## INDOOR ACTION

one of the few indoor driving ranges in the area.

“A lot of guys were looking to do this before they go away on vacation to get some swings in,” Caruso said. “And they want to do that when spring gets closer. Some golf pros come in and use the place as well and can use it for lessons.”

In Milford, the Hampshire Dome can also accommodate just about every out-

door sport underneath its air-supported roof. In addition to the standard outdoor sports turned indoor, its turf fields can also be used as baseball diamonds and as a driving range.

But the dome's most unique factor is its rollerway, a concrete banked track that Mike Caravella, a manager at the facility, said can be used for just about any athletic activity on wheels. He said it's frequently used by speed cyclists, but it's also open to roller skaters, in-line skaters and skateboarders. Recently, Caravella said, he even saw a unicycle circling its way around the track.

“People come in and you should see how fast they go,” Caravella said. “We have designated times for groups to come in with those type of speed bikes. People also come in and want to hang out on mountain bikes. ... It's mostly just bikes, but we see little kids bring scooters in.”

Drop-in times and pickup games are also available at the dome, and currently there are times set aside for pickup soccer and ultimate Frisbee. Because the dome's fields have varying schedules, director of operations Tom Sapienza said the best way to find out what pickup games are available is to keep an eye on the dome's website.

The SportsZone in Derry also has turf

## INDOOR SPORTS FACILITIES

Escape winter for a few hours and burn off some pent-up energy at one of these local sports centers.

• **SportsZone** (7 A St., Derry) has two turf fields and six basketball courts. The facility also features batting cages and an indoor climbing wall. Year-long memberships are \$150, or pay a daily rate of \$10. Call 537-9663 or visit [nhsportszone.com](http://nhsportszone.com).

• **The Phan Zone** (142 Route 111, Hampstead) features two turf fields which can be used for soccer, lacrosse, football, baseball and softball. The facility hosts camps and leagues and also has drop-in soccer times on Tuesdays. For \$10, men's over-50 drop-in soccer runs from 8 to 9 p.m., and coed over-18 drop-in soccer is from 9 to 10:30 p.m. Call 329-4422 or visit [thephanzone.com](http://thephanzone.com)

• **Concord Sports Center** (2 Whitney Road, Concord) has five indoor batting cages and two turf fields. Batting cages can be rented by the hour for \$35 or by the half hour for \$20. The facility has baseball, softball and soccer programs, clinics and camps, and opens up as an indoor driving range on Tuesdays and Fridays from noon to 3 p.m. Call 224-1655 or visit [concordsportscenter.com](http://concordsportscenter.com).

• **NH Sportsplex** (68 Technology Drive, Bedford) has opportunities for indoor soccer, flag football, T-ball, field hockey and lacrosse. The facility also has batting cages for baseball and softball. ScoreBound hockey is new at the facility and provides opportunities to improve hockey skills off the ice. Call 641-1313 or visit [nhsportsplex.com](http://nhsportsplex.com).

• **At FieldHouse Sports** (12 Tallwood Drive, Bow) members can make use of three FieldTurf fields and a separate field with a surface that can be used for soccer, basketball and volleyball. Call 226-4646 or visit [fieldhousesports.com](http://fieldhousesports.com).

• **The Hampshire Dome** (50 Emerson Road, Milford) houses opportunities for field sports and also hosts an indoor driving range, a running and walk track and a rollerway for in-line skates, skateboards, bikes and other wheeled activities. Rates vary and membership is not required. Call 673-8123 or visit [hampshiredome.com](http://hampshiredome.com).

## LEAGUES

Indoor leagues hosted by the **New Hampshire Sports and Social Club** include softball, soccer, dodgeball, basketball, floor hockey, volleyball, bowling and inner tube water polo. Must be 21 or older. Call 644-3570 or visit [nhssc.com](http://nhssc.com).

**The SportsZone** (7 A St., Derry) offers leagues for basketball, competitive and recreational soccer and flag football, for both youth and adult. Call 537-9663 or visit [nhsportszone.com](http://nhsportszone.com).

**The Phan Zone** (142 Route 111, Hampstead) hosts soccer leagues for kids as young as 4½ all the way through high school; adult leagues 18 and older; coed options; an over-30 league for women; and an over-40 league for men. Call 329-4422 or visit [thephanzone.com](http://thephanzone.com).

Indoor soccer leagues for kids and adults are offered at **FieldHouse Sports** (12 Tallwood Drive, Bow). Call 226-4646 or visit [fieldhousesports.com](http://fieldhousesports.com).

Leagues for indoor flag football, soccer, lacrosse, field hockey, dodgeball and kickball are offered at the **Hampshire Dome** (50 Emerson Road, Milford). Call 673-8123 or visit [hampshiredome.com](http://hampshiredome.com).

You don't have to be a member to join an adult league at the downtown Manchester **YMCA** (30 Mechanic Street, 623-3558) — just pay the league fee. Winter leagues include dodgeball, volleyball and pickleball.





The gym has a section of 25-foot-tall walls and a bouldering area. But its claim to fame is a 70-foot-high elevator shaft, converted into a rock wall extending from the second floor to the top.

Baker is an avid climber and also works at the gym, where he's been climbing since he was 8 or 9 years old. Baker said what drew him to the sport was how it's a different experience every time he puts on his harness.

"It's all about being creative," he said. "You can climb the same thing four or five times and always see an easier way to do it. There's always a way to try something else."

Assistant manager Mike Thompson said what draws a lot of climbers to the sport is that anyone can do it, and it's a great full-body workout. He said he's seen successful climbers from age 4 to 84 and has seen people with little upper body strength climb just as well as muscular 300-pound climbers.

He said the common misconception is that climbing is all about arms. In actuality, if you're climbing properly, you will feel it all over the next day.

"It works your full body and core muscles," Thompson said. "It's a lot more leg-oriented, which opens up climbing to everyone."

Thompson said new climbers are surprised to find that climbing also works muscles like hip flexors, abs and leg muscles.

Keith Nadeau is in charge of installing the handholds and setting the routes at the gym. He said one of the aspects of climbing that roped him in was the idea of getting a full workout without the repetition of something like weightlifting, but also having the ability to track personal improvement.

"You can work out everything without going to the gym," Nadeau said as he drilled a handhold into place. "You can see your progress because all of the different routes are graded."

Hilary Harris founded, manages and co-owns Evolution Rock and Fitness in Concord, the newest climbing gym in New Hampshire and the largest in northern New England. It has walls and routes for all levels of climbers, but before new climbers can strap into a harness, they have to pass a top rope belay course. Once they've demonstrated belaying capabilities, they can head to the gym anytime for climbing, bouldering and rappelling.

Evolution offers other fitness opportunities as well, including various machines, free weights and aerial yoga, a form of yoga more akin to acrobatics. Using silks that hang from the ceiling to the floor, participants lift themselves off the ground while doing yoga poses.

fields for soccer players, lacrosse players and football players, and hardwood courts can quickly be converted for basketball or volleyball. Baseball and softball players can take swings in the batting cages, and above it all, climbers can take on a rock wall and scale their way to the ceiling.

Director of operations Matt Lewis said the SportsZone provides yearly membership options and also has a walk-in price of \$10. As long as the courts, fields or cages were not previously booked, anyone can spend the day practicing or playing their sport of choice.

"School cancellations are big walk-in days for us," Lewis said. "Kids will come in and hang out all day."

And while getting a competitive edge by keeping skills honed year-round is a huge benefit of an indoor facility, Lewis said the SportsZone is also a fun place to escape the elements and get exercise.

"If you're not filling a space like this at this time of year, you're doing something wrong," he said.

## Rock your body

In Manchester's Waumbec Mill, there are three ways to reach the top floor. You can take an elevator. Or, for more exercise, take the stairs. But Everett Baker's preference is rock climbing. The Vertical Dreams rock climbing gym has had a home on the top floor of the mill building for 14 years.

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## CLIMBING GYMS

• **Evolution Rock + Fitness** (10 Langdon Ave., Concord) is new on the scene, opening in December. It features, 40-foot walls, a bouldering section, a kids area, a separate fitness facility with machines, weights and yoga classes. Memberships are available and day passes cost \$16 for adults and \$12 for students, children and seniors. Call 715-9171 or visit [evolutionrock.com](http://evolutionrock.com).

• **Vertical Dreams** has locations inside Manchester's Waumbec Mill (250 Commercial St., No. 5, Manchester) and at 25 E. Otterson St., Nashua. The Manchester location boasts a 70-foot wall, the tallest in New Hampshire. Both locations are open Monday through Friday, 3 to 10 p.m., Saturday from 11 a.m. to 10 p.m., and Sunday from 11 a.m. to 8 p.m. Memberships are available and day passes cost \$12 for adults and \$10 for bouldering only. Student and under 18 rates are \$10 for a day pass and \$8 for bouldering only. Call Manchester at 625-6919, Nashua at 943-7571 or visit [vertical-dreams.com](http://vertical-dreams.com).



By combining climbing, traditional workouts and other fitness classes, Harris said her goal is to differentiate the new venture from a typical rock climbing gym.

In spending so much time around the sport, Harris said she has noticed the social benefits and wants that to carry over to Evolution.

"I've started to see more people get introduced to climbing and I've watched it change their lives when it comes to fitness," Harris said. "People find that mental challenge, and there is a social aspect you don't see in other training. Climbing is a big social community, and there's always people who are sitting and cheering others on."

### Play (pickle or dodge) ball!

There are three nets set up in a gymnasium at the downtown Manchester branch of the YMCA. They're too low for volleyball or badminton and smaller than a standard tennis net. As players fill the gym, they find a space on the court, standing two to a side as in doubles tennis.

Using paddles about three times the size of those used in table tennis, players hit a ball similar to a wiffle ball back and forth over the net.

Jim Eddinger, who plays in the indoor pickleball league at the YMCA, said the sport has been around for about 40 years. It originated in warm locales like Florida and Arizona and is working its way northeastward.

Eddinger said anyone from kids to senior citizens can play pickleball. One of the advantages to the sport is that there is no offseason. When it's warm out, pickleball can be played outdoors, and on snowy January nights, the YMCA gym works just as well.

Though the sport is mostly popular among seniors, Chris Webster, the sports director at the downtown branch, said the league is open to anyone 18 and older, including non-members. There is a community membership option, which allows

the participant to pay just the league fee.

Elijah Quimby is the general manager of the New Hampshire Sport and Social Club, which was founded by the owners of Murphy's Taproom. He said the club started in 2006 as a dodgeball league, but as its popularity grew, so did the number of activities it was able to offer.

"It's a great way to meet people," Quimby said. "When you're playing sports, it creates that commonality. If you have two strangers on a field or a court, they're going to end up socializing."

While the club does offer outdoor sports — softball, flag football, soccer — Quimby said the indoor options are hugely popular. Dodgeball continues to draw people in. So does basketball. The club just finished its first bowling session at Spare Time in Manchester, which Quimby said was a huge success with 14 teams and a thrilling playoff round. The indoor season for all leagues actually begins in the fall, Quimby said, but those offerings are not as popular.

But after the holiday season, when the snow and ice have set in for the long haul, the signups start to roll in.

"We have a large selection of indoor sports so people don't just end up sitting on the couch and going into hibernation," he said. "Indoor sports are definitely popular this time of year with people getting cabin fever and gearing down from the holidays."

To mix things up, Quimby said the club is hosting its first inner tube water polo league at the Allard Center YMCA in Goffstown. The rules have yet to be finalized, but teams will be six a side, including goalies, and games will be on Sunday afternoons beginning Feb. 24.

NHSSC players must be 21 or older and Quimby said some participants in the leagues are in their 50s and 60s. While it's clear everyone on the field would rather win than lose, Quimby said fun tends to prevail over competitiveness.

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The downtown Manchester branch of the YMCA hosts pickleball, a popular indoor sport among senior citizens. Cory Francer photo.

you want to play to win, but this is a more relaxed atmosphere,” he said. “We know we’re not a professional league but you get competition and can have fun.”

Learn something new

Pickleball may be fairly new, but around the corner on Wilson Street, kids and adults practice a sport that dates back hundreds of years. The Seacoast Fencing Club has locations in Manchester and Rochester and provides lessons in the sport for all ages.

Chris Pullo, the club’s owner and head coach, said fencing is a sport anyone with any body type can enjoy.

“Someone who is 6 feet 4 inches will have a longer reach than me,” Pullo said. “But he will be a bigger target.”

Men, women and children have been successful. One 14-year-old girl who trained at the Seacoast Fencing Club went to nationals, competing against adult fencers, Pullo said.

Club member Connor Higgins said it’s more physically strenuous than it looks. When he first got started, Higgins didn’t expect to be wiped out by the end of a fencing session, but he gradually got more accustomed to it.

“People don’t think that it’s going to be as much exercise as it is,” Higgins said. “But they work you into it.”

Ryan McKenzie, 22, has been fencing for eight years and said what hooked him about the sport is learning how fencing has developed.

“I got into the history and traditions,” McKenzie said. “It’s martial arts, and the history extends back 300 years.”

Though at its core fencing is an individual sport, Pullo said the club’s community makes it feel like a team atmosphere. There are opportunities for the older club members to work with the kids just starting out and to help train one another during practice sessions.

But when it comes to competition, the individuality of fencing is front and center. Pullo said that can be a big draw for people to start fencing, since there are no teammates relying on your performance.

“When you’re on the strip, you can either win or lose, and you’re the only person being affected,” Pullo said.

Tracy Nabstedt, who owns the Concord Fencing Club, said kids as young as 7 can fence, and it can be a lifelong activity — the oldest member of the Concord club is 74. While the vast majority of the club’s members are heavily invested in the competitive aspect of fencing, Nabstedt said it is also an exceptionally social activity.

ARCHERY

• **Dana White, owner of Art of Archery**  
Allard Center YMCA (116 Goffstown Back Road, Goffstown), Londonderry YMCA (206 Rockingham Road, Londonderry), East Concord Community Center (18 Eastman St., Concord), Goffstown Parks and Recreation Building (155 S. Mast Road, Goffstown), Bales Gym (5 Elm St., Milford). Sign up through YMCA or the recreation departments. [artofarchery.com](http://artofarchery.com)

• **M&D’s Archery, Dog Training and Guiding**  
Get Fit NH (287 S. Main St., Concord) Saturdays, beginning at 10 a.m. [archerynh.com](http://archerynh.com)

FENCING

• **Seacoast Fencing Club**  
267 N. Main St., Rochester, and 271 Wilson St., Manchester.  
[seacoastfencingclub.org](http://seacoastfencingclub.org)

• **Concord Fencing Club**  
126D Hall St., Concord.  
[concordfencingclub.org](http://concordfencingclub.org)

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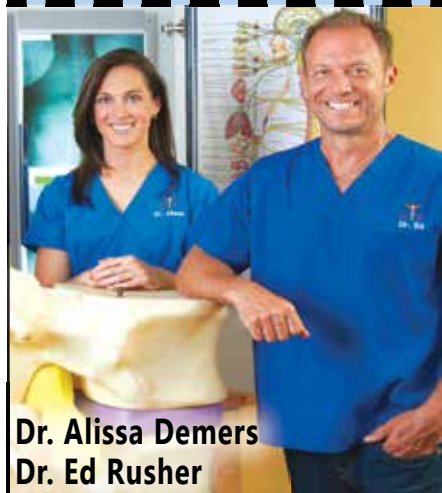
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“We encourage all fencers to compete,” Nabstedt said. “It’s not necessary but we like to see them get in there and mix it up with other people. For some of our people, it’s strictly a fun thing or a social thing to be with their buddies.”

Lessons are available at the Concord Fencing Club for all ages and ability levels, and Nabstedt said he often sees newcomers enjoying the sport more than they expected they would.

“The romance of the sword gets a lot of people through the door, but it’s not what you think it is – it’s better,” Nabstedt said. “It’s not grim and it’s not painful. Getting poked doesn’t hurt.”

One of the things that Mike Colby says he loves the most about teaching his weekly indoor archery classes at Get Fit NH in Concord is that it’s something families can enjoy together.

“It’s not just for kids, it’s for families,” Colby said. “Fathers, mothers and kids can all shoot together. I love it, especially when they start talking smack to each other and you’ll see a mother and daughter high fiving.”

An archer also doesn’t have to be a star athlete, Colby said.

“In archery you don’t have to be a big jock,” he said. “If you don’t play ball or are a little uncoordinated, then do archery. It’s an independent thing. It’s about hand-eye

coordination, and you’re shooting against yourself.”

Dana White teaches indoor classes throughout the winter at the Goffstown and Londonderry YMCAs and through the Goffstown, Milford and Concord Parks & Recreation Departments. He said that for kids, picking up a bow and learning the sport helps them become more focused in their daily lives. For adults, it becomes a sort of therapeutic activity.

“A lot of the adults say they like archery because it relaxes them,” White said. “You really have to think about your breathing and muscles.”

## Keep the kids on their feet

As her daughter spun around a miniature merry-go-round, Lisa Roche of Nashua watched from a bench nearby, forgetting momentarily about the snow falling outside. It’s that kind of weather that drives people with kids to places like Bobo’s Indoor Playground in Nashua.

“It’s great to have a safe warm place to interact with other kids,” Roche said. “It’s small so she can run around and I can keep an eye on her, since it’s a contained area. She can spread her wings and play.”

Bobo’s, which is approaching its third year in the Gate City, is aimed toward younger kids, from birth through 8 years old. Roche said it’s a perfect place for kids to spend those developmental years, getting exercise and making friends.

“We’ve been coming since she was 6 months old,” Roche said. “She asks me to come.”

Adam Razzaboni co-owns Bobo’s Indoor Playground with his wife Jennifer. He said they have two younger children and designed the playground with them in mind. It’s smaller than many other nearby facilities, which Razzaboni said allows parents to keep an eye on their kids more easily, but it’s large enough for them to safely run around.

Not all indoor playgrounds are the same, and at each one, kids can find new ways to climb, swing or bounce.

NUThin’ But Good Times, an indoor playground in Merrimack, has many features similar to what kids could find outside. With a number of slides to choose from and ladders to climb, kids can explore multiple levels of the play structure.

NUThin’ But Good Times is approaching its two-year anniversary in February but has already become a popular destination for families looking for some indoor recreation. Lisa Campbell is the founder and owner of the indoor playground and said it allows kids to exercise away from the cold during the winter, or in an air-conditioned environment in the summer. With an adjacent cafe and free wireless Internet, parents can comfortably watch from close by.

## INDOOR PLAYGROUNDS

- **Cowabunga’s** (1328 Hooksett Road, Hooksett) is an all-inflatable indoor playground. Open gym hours vary but can be found by calling 625-8008 or visit mycowabungas.com.
- **NUThin’ But Good Times** (746 D.W. Highway, Merrimack) houses an indoor play structure featuring slides, climbing obstacles and a tropical theme. Play times are from 9 a.m. to 5 p.m. Monday through Thursday; 9 a.m. to 7 p.m. Friday and Saturday; and 10 a.m. to 5 p.m., on Sunday. Call 429-2200 or visit nuthinbutgoodtimes.com.
- **Krazy Kids Indoor Party & Play Center** (60 Sheep Davis Road, Pembroke) has both inflatable and non-inflatable obstacles and a new laser maze. Walk-in hours are Wednesday through Saturday, 10 a.m. to 8 p.m., and 10 a.m. to 6 p.m., Sunday through Tuesday. Call 228-PLAY or visit gokrazykids.com.
- **Party PlayLand** (45 Gigante Drive, Hampstead) is an inflatable indoor playground and has varying open jump times. Call 329-9444 or visit partyplaylandnh.com.
- **Jump N Joy** (477 Province Road, Unit No. 3, Laconia) is an inflatable play area. Open bounce times change. Call 527-8020 or visit jumpnjoynh.com for up-to-date hours.
- **PLAY!** (40 Concord Road, Lee) has three inflatable bouncy houses, a wooden pirate ship play area and a race way with cars kids can cruise around on. PLAY!’s winter hours are 9 a.m. to 7 p.m. Monday through Thursday; 9 a.m. to 4 p.m. on Friday; and 8 a.m. to 11 a.m., on Saturday and Sunday. Call 397-0099 or visit playisfun.com.
- **Bobo’s Indoor Playground** (522 Amherst St., Nashua) features inflatable elements, a jungle gym, a climbing wall and other activities geared toward kids 7 and younger. Public hours vary but can be found by calling 718-8721 or visiting bobosindoorplayground.com.



Most of the play structure is visible from all angles, so parents can have nearly constant supervision of their kids' activities. But there is enough separation between the two spaces for kids to explore freely.

"It doesn't have to involve an adult, but they can still be present," Campbell said. "You always know where the kids are and can feel safe."

Cowabunga's in Hooksett is all inflatable, all the time, providing kids with countless ways to bounce around. That indoor playground is also new on the scene, having opened in November 2011. The facility, opened by husband and wife team Matt and Kelly Pearson, specializes in all things bounce.

With an inflatable race track, slides and obstacle courses, kids will have far more options than just a traditional bouncy house.

Pembroke's Krazy Kids also features a number of obstacles, including a laser maze for kids to work their way through, James Bond style.

Rick Latham, who co-owns Krazy Kids with his wife Debbie Latham, said their goal in bringing the facility to the Concord area was to provide a place that's all about exercise. Within the walls of Krazy

Kids, Latham said, there will never be video games or redemption games.

Instead, there is a massive climbing structure, a mixture of inflatable elements and the new laser maze. In addition to drop-in times, Latham said Krazy Kids specializes in birthday parties.

"Our party hosts don't just pass out pizza and drinks," he said. "We get them out there to play games with the kids and be interactive with them."

Indoor exercise for kids doesn't have to be at a playground. Many gymnastics facilities, including Flipz in Concord, have open gym times for kids to try out the equipment.

"We have a good appeal and wide range because of the gymnastics and jump facility," said Robyn Grant, the owner of Flipz and Jumpz, which is right next door. "Everything is matted and safe and the kids can come and practice gymnastics and other kids can enjoy swinging, playing and doing things upside down. It doesn't matter because they're getting exercise."

Grant said that for kids who haven't been previously introduced to gymnastics, the open gym sessions are a good way to start.

"Moms will come with the tiny ones, the 2-year olds, and then I'll start seeing them in classes," Grant said. "If kids are always jumping on the bed or hanging on the towel bar, I say 'That's a gymnast.'"

## FLOOR PROGRAMS

- **Gym-Ken Gymnastics** (184 Rockingham Road, Windham, 434-9060, gymkengymnastics.com) offers open gym times for \$10 for non-members. Check the website for current days and times.
- **Action Kids at Brentwood Commons** (112 Crawley Falls Road, Brentwood, 642-7200, brentwoodcommons.com) has open gym times on Fridays. Non-member admission ranges from \$9 to \$14, depending on ages and times.
- **Phantom Gymnastics** (142 Route 111, Hampstead, 329-9315, phantomgymnastics.com) has open gym times for a \$10 drop-in fee. Check the website for current days and times.
- **Flipz Gymnastics** (134 D Hall St., Concord, 224-3223, flipzgymnastics.com) has open gym times for \$7.50 per hour per child, and kids can access both the Flipz and Jumpz facilities. Check the website for current days and times.
- **Granite State Gymnastics** (71 River Road, Bow, 228-8424, granitestategymnastics.org) offers open gym for non-members for \$13 on weekends and \$7 on weekdays. Check the website for current times. The Hooksett location (35 Londonderry Turnpike, Hooksett, 935-9816) has open gyms times as well, ranging from \$10 to \$13.
- **New England Gymnastics Training Center** (5 Tracy Lane, Hudson, 880-8482, negtc.com) has open gym for ages 1 1/2 to 5 for \$5. Check the website for current days and times.

## HIT THE POOL

It will be months until city and town pools are filled, but there are indoor pools open year-round for fun or swimming laps.

- **The Concord Racquet Club** (10 Garvins Falls Road, Concord, 224-7787) has open swim hours Monday through Friday from 5 to 6 a.m. and 7 to 9 a.m. Monday through Sunday, the pool is open from 1:30 to 5:30 p.m.
- **At the Somerset Swim and Fitness Club** (2 Somerset Parkway, Nashua, 595-4160), day passes are available for \$15, or visitors can pay \$5 to drop in on an aquaclass.
- **Hotels with indoor pools also offer drop-in rates for non-guests**
- **The Manchester Comfort Inn** (298 Queen City Ave., Manchester, 668-2600) offers \$7 day passes to use its indoor pool. Also available: One-month membership for \$125, a three-month membership for \$200, six-month membership for \$225 and a year-long pass for \$350. The pool is open daily from 7 a.m. to 10 p.m.
- **At the Concord Comfort Inn** (71 Hall St., Concord, 226-4100) there is a \$7 per person drop-in rate. The pool opens daily at 5 a.m., but closes from 1 to 2:30 p.m. Then, it is open until midnight. As long as there isn't a pool party, which are only on weekends, drop-in visits are welcome.
- **The Concord Best Western** (97 Hall St., Concord, 228-4300) offers a \$7 day pass to its pool, open daily from 7 a.m. to 7 p.m.

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# Look Good, Feel Great

## Part 4

Lose weight, get fit and live longer

For the last part in our four-week series, we talked to local experts about everything from stress management and disease prevention to eating right and exercising. Are you a runner? We've got tips for you. A yogi? We covered that too. Are you neither but want to be? We have plenty of advice for beginners who are ready to start working out in any way, shape or form. But all the workouts in the world won't keep you healthy if you eat like a human garbage disposal, so we have tips on cleaning up your diet.

Diet and exercise play a key role in keeping you healthy, but did you know it's equally important to develop good sleep habits and stress management techniques? Check out the changes these experts recommend, and you'll be on your way to wellness. Just be sure to talk with your own doctor before making changes. 26 ▶

### THE EXPERTS



**Kate Dube** is the studio manager and a yoga instructor at Yoga Balance in Manchester.



**Dr. Mythili Ransdell** is a doctor at Elliot Primary Care at Londonderry and studied at the University of Pittsburgh School of Medicine.



**Lisa Jones** is the owner of Nia NH and Yoga in Amherst, which offers yoga and the Nia technique, an exercise practice which incorporates martial arts, dance and healing.



**Susan Engle, MOE, RD, LD** is the founder of Nutrition Matters in Exeter.



**Betsy Coco**, a longtime runner, is a manager at Runner's Alley in Manchester.



**Kim Dorval, RD** is the founder of Nutrition in Motion, with offices in Bedford, Merrimack and Londonderry.



**John Mortimer**, who owns Millennium Running, a race management company in New Hampshire, is an accomplished elite runner and coach who has competed on the U.S. National Team.



**Lisa Maria-Booth, CPT NWC** is a certified personal trainer and a nutrition and wellness coach. She is co-owner of Fortitude in Manchester.

Compiled by Cory Francer, Jeff Mucciarone, Kelly Sennott, Luke Steere and Meghan Siegler





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MONDAY							
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM	
Acrylic Painting ~ Part 2	8	6:00-9:00	169	varies	1/14	W2096	
Amateur Musical Ensemble	10	7:30-9:00	124	-	1/14	W2013	
Archery	4	6:00-7:00	79	-	1/14	RMS/Caf	
Archery Intermediate	4	7:00-8:00	79	-	1/14	RMS/Caf	
Chair Caning	6	6:00-8:30	124	varies	1/14	W2093	
French 1 ~ Level 1	8	7:00-8:30	124	-	1/14	W2043	
French 2 ~ Level 1	8	5:30-7:00	124	-	1/14	W2043	
<b>Gardening Workshops:</b>							
• Container Gardening	1	6:00-8:00	21	-	1/14	W2041	
• Composting	1	6:00-8:00	21	-	1/28	W2041	
• Best Native Herbaceous Plants I	1	6:00-8:00	21	-	2/4	W2041	
• Best Native Woody Plants I	1	6:00-8:00	21	-	2/11	W2041	
• What is Permaculture?	1	6:00-8:00	21	-	3/4	W2041	
<b>Gourmet Vegan (Total Vegetarian) Cooking: See Recipes Below</b>							
• Class #1	1	6:00-9:00	24	14	1/14	W3058	
• Class #2	1	6:00-9:00	24	14	2/4	W3058	
• Class #3	1	6:00-9:00	24	14	3/4	W3058	
• Class #4	1	6:00-9:00	24	14	3/18	W3058	
Knitting & Crocheting 1	10	7:00-9:00	139	-	1/14	W2096	
Landscaping Your Home	8	6:00-8:00	139	-	1/14	W2042	
Psychic Development 1:	10	6:00-8:00	139	10	1/14	W2097	
<b>Ancient Wisdom for the Modern World</b>							
Quilting	8	6:00-8:30	149	varies	1/14	Phenix Ave	
Stock Market w/Tony Hartigan	3	6:00-7:30	39	-	1/14	W4032	
Violin Made Easy ~ Level 1	10	6:00-7:30	124	15 book+35 rent/14		W2013	
Wood Carving	8	6:00-8:00	139	20	1/14	RMS/508	

WEDNESDAY							
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM	
Acrylic Painting Intermediate	8	6:00-9:00	169	varies	1/16	W2096	
<b>Ballroom Dance:</b>							
Beginners	10	6:00-7:00	149/cpl	-	1/16	ADS	
Advanced Beginner	10	7:00-8:00	149/cpl	-	1/16	ADS	
Advanced	10	8:00-9:00	149/cpl	-	1/16	ADS	
Biology w/Lab (HS Credit)	15	5:30-8:30	325	100	2/6	E343	
DIY Home Repairs	8	6:00-8:00	129	-	1/16	W2063	
Falun Gong Introduction	1	6:30-8:30	15	-	2/6	W3094	
French Adv. Conversation	8	5:30-7:00	124	-	1/16	W2043	
French 1 ~ Level 2	8	7:00-8:30	124	50	1/16	W2043	
Holiday Ukrainian Egg Decorating	2	6:00-8:00	34	18	3/6	W2093	
Italian 1 ~ Level 1	8	6:00-7:30	124	15	1/16	W2047	
Italian 2 ~ Level 1	8	7:30-9:00	124	book	1/16	W2047	
Knitting & Crocheting 2	10	7:00-9:00	139	varies	1/16	W2096	
Learn to SING	6	6:00-8:00	124	-	1/16	RMS.622	
Learn to do Voice Overs	1	7:00-9:00	35	-	3/20	W4013	
Organic Gardening	1	6:00-9:00	35	-	2/27	W3112	
Paranormal Studies	10	6:00-8:00	139	10	1/16	W2097	
Photography: The Next Level	8	6:00-8:30	169	-	1/16	W2091	
Piano 1	8	7:05-8:20	119	9	1/16	W2013	
Piano 2	8	6:00-7:00	99	-	1/16	W2013	
Record Keeping for Gardens	1	6:00-9:00	35	-	2/13	W3112	
Russian 1 ~ Level 1	10	5:00-7:00	139	28	1/16	W2038	
Russian 1 ~ Level 2	10	7:00-9:00	139	-	1/16	W2038	
Self Hypnosis ~ Part 1	3	6:00-7:30	39	-	1/16	W4004	
Self Hypnosis ~ Part 2	3	6:00-7:30	39	-	2/6	W4004	
Sign Language 1 ~ Level 1	8	6:00-7:30	124	36	1/16	W4032	
Small Engine Repair	8	7:00-9:00	129	12	1/16	W2086	
Sour Dough Bread Making	1	6:00-9:00	24	12	1/30	W3058	
Stained Glass	8	6:30-9:00	175	90	1/16	Pleasant St	
<b>Stamping: See Descriptions Below</b>							
• #1 ~ Stampin' 101	1	6:00-9:00	24	5	1/23	W2080	
• #2 ~ A Step Up	1	6:00-9:00	24	10	2/13	W2080	
• #3 ~ Stamp "A Stack" of Cards	1	6:00-9:00	24	15	3/6	W2080	
• #4 ~ Bags & Boxes	1	6:00-9:00	24	10	3/27	W2080	
Tibetan Bowl Sound Relaxation	4	6:00-7:00	39	-	2/6	W4014	

TUESDAY							
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM	
Algebra 1 (HS Credit)	15	5:30-8:30	325	10	2/5	RMS/205	
Astrology 101	10	6:00-8:00	139	-	1/15	W4004	
Belly Dancing	10	6:00-8:00	139	varies	1/15	W2097	
Calligraphy for Beginners	3	6:15-7:15	32	varies	1/15	W2086	
German 1 ~ Level 1	8	5:00-6:00	89	-	1/15	W2038	
German 2 ~ Level 1	8	6:00-7:30	129	-	1/15	W2038	
<b>Gluten Free Baking: See Recipes Below</b>							
• Class #1	1	6:00-9:00	24	15	1/22	W3058	
• Class #2	1	6:00-9:00	24	15	2/12	W3058	
• Class #3	1	6:00-9:00	24	15	2/19	W3058	
• Class #4	1	6:00-9:00	24	15	3/5	W3058	
• Class #5	1	6:00-9:00	24	15	3/26	W3058	
Heal w/Energy: Reiki Wksp	2	6:00-8:30	54	-	1/15	W3063	
Italian Adv. Conversation	8	6:00-7:30	124	-	1/15	W2047	
Print Making w/o a Press	8	6:00-9:00	169	varies	1/15	W2096	
Sign Language 1 ~ Level 2	8	6:00-7:30	124	-	1/15	W4032	
Sour Dough Bread Making	1	6:00-9:00	24	12	1/29	W3058	
Spanish 1 ~ Level 2	8	7:30-9:00	124	-	1/15	W2039	
Spanish Read & Conversation	8	6:00-7:30	124	-	1/15	W2039	
Starting Seeds Indoors	1	6:00-9:00	35	-	2/26	W3112	
Sustainable Gardening	6	6:00-8:00	124	-	1/15	W2041	
Tai Chi ~ Level 1	8	4:30-5:30	89	-	1/15	W3090	
<b>Tango Dance:</b>							
American Tango 1	5	7:00-8:00	75	-	1/15	ADS	
American Tango 2	5	7:00-8:00	75	-	3/5	ADS	
Argentine Tango 1	5	6:00-7:00	75	-	1/15	ADS	
Argentine Tango 2	5	6:00-7:00	75	-	3/5	ADS	
Watercolor	8	6:00-9:00	169	varies	1/15	W2096	

THURSDAY							
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM	
<b>Ballroom Dance:</b>							
Swing	10	6:00-7:00	149/cpl	-	1/17	ADS	
Intermediate	10	7:00-8:00	149/cpl	-	1/17	ADS	
Routines for Fun or Performing	10	8:00-9:00	149/cpl	-	1/17	ADS	
Gentle Yoga	8	6:00-7:00	89	-	1/17	W3090	
Guitar 1 ~ Level 1	10	6:00-7:30	124	15 book+35 rent	1/17	W2013	
<b>Home Herbalist Series:</b>							
• #1 ~ Herbal Nutrition	1	6:00-9:00	24	10	1/17	W2080	
• #2 ~ Energy & Relaxation	1	6:00-9:00	24	10	1/24	W2080	
• #3 ~ Digestive Wellness	1	6:00-9:00	24	10	1/31	W2080	
• #4 ~ Detoxification	1	6:00-9:00	24	10	2/7	W2080	
• #5 ~ Insulin Resistance & Diabetes	1	6:00-9:00	24	10	2/21	W2080	
• #6 ~ Hypertension & Cholesterol	1	6:00-9:00	24	10	2/28	W2080	
• #7 ~ Immune System	1	6:00-9:00	24	10	3/7	W2080	
• #8 ~ Women's & Men's Health	1	6:00-9:00	24	10	3/14	W2080	
How to Use Your Digital SLR	8	6:00-8:30	169	-	1/17	W2086	
<b>Indian Cuisine Cooking: See Recipes Below</b>							
• Class #1	1	6:00-9:00	24	14	1/17	W3058	
• Class #2	1	6:00-9:00	24	14	1/31	W3058	
• Class #3	1	6:00-9:00	24	14	2/14	W3058	
• Class #4	1	6:00-9:00	24	14	2/28	W3058	
• Class #5	1	6:00-9:00	24	14	3/14	W3058	
• Class #6	1	6:00-9:00	24	14	3/28	W3058	
Meditation for Beginners	8	6:00-7:30	124	5	1/17	W2097	
Quilting	8	9:30-Noon	149	varies	1/17	Phenix Ave.	
Selling at a Farmer's Market	1	6:00-9:00	35	-	2/14	W3112	
Small Steps to Fitness	8	7:30-8:30	89	varies	1/17	W3090	
Tai Chi ~ Level 2	8	5:00-6:00	89	-	1/17	W3090	
<b>Vibrant Health Series: See Descriptions Below</b>							
• Deciphering Nutrition Labels	1	6:30-8:30	19	-	1/24	W3084	
• Detox 101	1	6:30-8:30	19	-	2/7	W3084	
• Mindful Eating for Health	1	6:30-8:30	19	-	2/21	W3084	

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SATURDAY							
COURSE	WKS	TIME	TUITION	EXTRA	DATE	ROOM	
Chemistry w/Lab (HS Credit)	15	9:00-Noon	325	100	2/9	E335	
<b>Chinese for English-Speaking Children: (Grades 5 - 10)</b>							
Beginner	8	9:30-11:00	99	15	1/19	W2041	
<b>Conversational Chinese for Adults: (Age 16+)</b>							
Beginner	8	9:30-11:00	99	15	1/19	W2043	
Intermediate	8	11:00-12:30	99	Book	1/19	W2041	
<b>Chinese Games (Majiang and Chinese Chess)</b>							
Class #1	2	1:00-3:00	35	5	2/2	W2041	
Class #2	2	1:00-3:00	35	5	3/23	W2041	
Defensive Driving Course	1	7:30-2:00	50	1/12 *2/9 *3/16 *4/20		Foyer	

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\$195 Introduction to Windows	6:00-9:00	Mar. 4, 5, 6, 7	
<b>Word Processing:</b>			
\$195 MS-Word ~ Level 1	6:00-9:00	Mar. 11, 12, 13, 14	
\$195 MS-Word ~ Level 2	6:00-9:00	Jan. 28, 29, 30, 31	
\$95 MS-Word Merge Workshop	6:00-9:00	Mar. 20, 21	
<b>DataBase:</b>			
\$195 Access ~ Level 1	6:00-9:00	Feb. 4, 5, 6, 7	
<b>Graphic Presentation:</b>			
\$195 PhotoShop ~ Level 1	6:00-9:00	Feb. 12, 13, 19, 20	
\$195 PowerPoint ~ Level 1	6:00-9:00	Apr. 1, 2, 3, 4	
<b>Internet:</b>			
\$25 Research Your Antiques-Collectables	6:00-7:00	Feb. 4	
\$25 Free Software Application	6:00-7:00	Feb. 11	
\$25 Free PostSecondary Ed/Training Online	6:00-7:00	Mar. 4	
\$50 Parenting in the Electronic Age	6:00-9:00	Mar. 5	
\$50 10 Ways to Make \$\$ Online	6:00-9:00	Mar. 6	
\$145 Introduction to Ebay	6:00-8:00	Mar. 6, 13, 20, 27	
\$25 Finding Online Savings	6:00-7:00	Mar. 11	
\$75 Managing a Business Web Page	3:30-5:30	Mar. 13, 14	
\$35 Get Top Search Engine Ranking	6:00-8:00	Mar. 14	
\$95 Using E-mail	6:00-9:00	Mar. 18, 19	
\$75 Internet for Seniors	3:30-5:30	Mar. 27, 28	
<b>Misc:</b>			
\$145 MS-Office Overview	6:00-8:00	Jan. 23, 30, Feb. 6, 13	
<b>Spreadsheet:</b>			
\$195 MS-Excel ~ Level 1	6:00-9:00	Mar. 25, 26, 27, 28	
\$195 MS-Excel ~ Level 2	6:00-9:00	Apr. 22, 23, 24, 25	
<b>Financial:</b>			
\$195 QuickBooks ~ Level 1	6:00-9:00	Apr. 15, 16, 17, 18	



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081377

## LOOK GOOD, FEEL GREAT

### 24 ► SLEEP

**Let's talk about sleep. How important is sleep, really?**

MR: It's incredibly important. It's not only something that affects your ability to function, but in the long run, it can lead to obesity and high blood pressure. People who run on little sleep have slower response times, and as a result, increase their risk of getting into car accidents. Their performance levels go down, too.

**Not sleeping enough can make you gain weight? Why?**

MR: Sometimes you wonder if it's the chicken or the egg. You metabolism is slowed, but in addition, you have less energy. If you're not sleeping well, you won't be able to use your energy effectively, and thus, won't burn as many calories.

**So how much sleep are you really supposed to get?**

MR: Between eight to nine hours is what you're supposed to get, but over the last 10 years, that [recommendation] has changed to seven to eight hours.

**If you don't have enough time to get the recommended amount of sleep, can you "make up" sleep by sleeping late on the weekends?**

MR: People try to make up sleep, but you really can't. Not having a regular sleep schedule, it can lead to patterns of insomnia. If you're having trouble sleeping, don't nap during the day, and go to bed at the same time each night. The best course of action is to go to bed at the same time each night in order to develop a regular sleep pattern.

**What's your stance on napping?**

MR: If you're still able to sleep at night, it's okay to nap. If not, it might not be a good idea. Some people do better with a nap if they're not able to get the recommended amount of sleep at night.

**Is there a recommended duration for how long you should nap?**

MR: There's no set time, but probably not more than two hours.

**Do you need a different amount (or different kind) of sleep as you age?**

MR: Your need for sleep doesn't change, but your "sleep architecture" changes. Babies need more REM sleep. Elderlies will go through phases where they feel more tired at night, and they'll get up earlier in the morning, all while experiencing more frequent nighttime awakenings. When you get older, you also tend to sleep less deeply.

**Is all sleep created equal?**

MR: Some people will say that sleep is not restorative if it's in a moving environment. For example, driving a child around to make him or her fall asleep is not as restorative as it might be for him/her to sleep in a bed.

**What are some long-term effects of little sleep?**

MR: Obesity and high blood pressure. Your

body needs the time to rest. Certain hormones are secreted at night, and your body relies on that time to secrete these hormones and maintain your body functions.

### STRESS

**On another aspect of health, let's talk about stress. How do you know if you're too stressed?**

MR: If it impacts your ability to function. Are you miserable every single day because you're stressed? Is it affecting your relationships at home? That's something to keep a close eye on. If it's driving you to work harder and it's not affecting your home life, it may be a good kind of stress.

### ARE YOU MISERABLE

## EVERY SINGLE DAY

**BECAUSE YOU'RE STRESSED? IS IT AFFECTING YOUR RELATIONSHIPS AT HOME? THAT'S SOMETHING TO KEEP A CLOSE EYE ON. — DR. MYTHILI RANDELL**

**What are some long-term effects of stress?**

MR: High blood pressure and weight gain. When you're stressed, you release cortisone, which leads to weight gain. Depression can also result during or after chronic stress.

**So besides seeking treatment (if your case is severe), what are some good ways to deal with stress?**

MR: Practice breathing techniques, and make sure you have time for yourself and someone to talk to. Exercise is a big thing, too. When you exercise, you're able to release some of that energy you're targeting to that stress. You're able to focus it in a different direction, in a way that can be productive to you. Exercise also releases endorphins into your brain.

**On the other side, what are some bad ways to deal with stress?**

MR: By drinking alcohol, taking it out on loved ones, and internalizing your stress.

### CANCER

**Let's look at disease prevention, starting with cancer. How much is genes, how much is habit?**

MR: Genes drive cancer risk for a number of cancers, but environmental factors do play a big role. There's research that shows that smoking and obesity are risk factors for every type of cancer. There are studies playing forward that show that eating lots of sugar, too, might increase cancer risk.

**What are, say, three things we can be doing now to prevent cancer?**

MR: Stay at a healthy body weight; don't smoke; and do the recommended protocol [mammograms, colonoscopy, etc.].

### HEART DISEASE

**Heart disease prevention. Again, how much is genes, how much is habit?**

MR: They both contribute. How much each contributes depends on the person. For instance, a person whose family has a history of heart problems, who had high cho-

28 ►

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081817

## LOOK GOOD, FEEL GREAT

26 ▶ lesterol, will be more likely to acquire heart problems in the future. Someone who smokes, no matter what, is at higher risk of developing heart disease.

**What are five things you can be doing now to prevent heart disease?**

MR: Keep an eye on your cholesterol; don't smoke — it causes inflammation in blood vessels, making it more likely for them to clot; exercise; manage sleep apnea; and limit the amount of salt you eat. It should be at less than two grams a day.

**Good foods for heart health?**

Kim D: Whole, unprocessed foods.

SE: Introduce omega-3 fatty acids to your diet. They're found in fatty fish, walnuts and flax.

**Is there a simple, all-inclusive recipe or superfood for all this?**

SE: No. Strategizing a well-balanced eating habit is much more important.

## NUTRITION KNOW-HOW

**What are some of the biggest myths about healthy eating you've encountered?**

SE: The idea that a healthy diet is the same thing for every person. It's important to figure out what works for the individual first. A lot of the information out there confusing, all of that info applies to someone, but it doesn't apply to everybody.

Kim D: There are a lot of myths. Healthy labelings on products, like sugar substitutes, are misleading. Those substitutes can sometimes be toxic and actually cause an increase in sugar cravings. Also low-fat foods, a craze that began in the '80s, took all the fat out of our food and people got fatter, that's because fat in foods actually slows digestion and makes us feel full.

**What are some good ways to deal with cravings for snacks?**

Kim D: Cravings often come from a spike in blood sugar, caused by highly processed carbs like crackers or chips. This results in an overproduction of insulin and a blood sugar crash. Balance the process with protein and healthy fats in addition to unprocessed carbs.

SE: Simply adjusting a regular meal schedule can help a lot.

**What if I'm on a budget, do healthier options tend to be more expensive?**

SE: No, it only gets expensive if you are not willing to cook. Sticking with whole foods that are in season and local are the cheapest.

Kim D: No. If you compare the price of the food by volume, healthy foods are actually cheaper. For example one quart of strawberries is equivalent to the volume of one and a half boxes of Wheat Thins; and if a box cost \$3.99, a quart of strawberries costs about the same.

**Should you eat before or after a workout?**

LMB: You need to go to the gas station before you work out. You need an energy store. Carbs provide energy; multi-grain carbs give you fuel. If you're strength training, you have to have protein within a two-hour window before or after you train.

**LOW-FAT FOODS, A CRAZE THAT BEGAN IN THE '80S, TOOK ALL THE FAT OUT OF OUR FOOD**

# AND PEOPLE GOT FATTER

— KIM DORVAL

## WHAT TO EAT

### AND WHAT TO AVOID

**What are some of the best things for you if you're looking to eat right?**

Kim D: Cut out processed foods, they contain additives and preservatives which confuse our bodies and slow down metabolism.

SE: Three balanced meals per day that are abundant in fruits and vegetables and, if you can't do milk, have a substitute for it.

**What are some of the best foods for energy?**

Kim D: I try to have people include some carbohydrate with some lean protein and some healthy fats at every meal. A piece of fruit with a handful of raw, unsalted nuts; a turkey sandwich on whole grain bread with avocado, instead of mayonnaise; or Greek yogurt with fruit and small amount of granola, for example.

**The best foods and strategies for losing weight?**

Kim D: Whole, unprocessed foods with carbs, and eating during the day, when the sun's up and we need most of our energy. Two to three hours before bed, cut eating off.

SE: Eating less at the right time is important, and being mindful about eating is very important. Don't do anything too drastic, like an extreme diet.

**What are some good snacks to have around the house?**

SE: Anything in which you recognize all the ingredients. Stock up your favorite fruits and vegetables.

Kim D: I roast vegetables on the weekend for the week and always keeps munchables like grapes, apples and berries around. Nuts are good, but [in] moderation because of their high calories, and popcorn if it's air popped and all natural.

**Where can I find some good recipes?**

SE: Mark Bittman's *How to Cook Everything* and *How to Cook Everything Vegetarian* are good cookbooks.

Kim D: I like the Eatingwell.com website for recipes, but there are so many like whfoods.com, rd411.com, glutenfreegoddess.blogspot.com and cookinglight.com.

## YOU ARE WHERE YOU EAT

**What about going out to eat, how can I determine healthy food on a menu?**

SE: The more vegetable-based foods on a menu, the more likely that restaurant is to be cooking from scratch, and thus, the healthier the food. A lot of chains and fast food places are just heating and serving, which means more fat and more sodium.

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## LOOK GOOD, FEEL GREAT

28► Kim D: Definitely look it up. If you can't find the restaurant online, you are safe if you choose the chicken or fish, baked or broiled, with a side steamed veggie and a side salad. I had a client who lost 65 pounds in six months and she ate out every day.

### How do I avoid fast food if I need food quickly and cheap?

Kim D: I bring a cooler packed with healthy foods in my car and to work. You can include cut up vegetables, fruit, yogurt, sliced turkey, and nuts. Look for things that are all natural and affordable.

### So, is there any healthy fast food out there?

SE: I think if 80 percent of what you're eating is good, whole food, it's not so important if you have fast food once in a while. You don't want to base your diet on fast food, but if you're sure that 80 percent of what you eat is good, and there is a lot of plant food in there, then it's OK.

Kim D: I like Chipotle's. They source local fresh ingredients where possible and prepare the food traditionally — not microwaved. However, you do have to be careful with portion sizes, though, and go easy on the rice, beans, cheese and sour cream.

### What about where I am eating, such as "al-desko" at work?

Kim D: Grazing at your desk is not a good thing. People are less aware of what and how much they are eating when they are sitting at their desk multitasking.

SE: When people are less aware of what and how much they are eating, doing activities like watching TV or browsing on a computer, they don't receive the satisfaction. There's really interesting research on this, when we aren't satisfied, we will eat more and tend to overeat.

### How does the "where" affect my health while eating?

Kim D: We all need to learn to eat more mindfully. Stop, take a break and enjoy our food. When we eat on the run, we don't realize how much we have eaten or even feel like we have eaten. Plus eating on the run disrupts healthy digestion.

SE: Being aware of what we are eating when we are eating is important, do it somewhere where you can be satisfied.

## THE VEGETARIAN LIFE

### What are the health benefits of becoming vegetarian or vegan?

SE: In general, plant-based foods are better as long as they're also whole foods. Animal products can contribute to heart disease and cancer, but a major diet shift depends on the individual.

Kim D: Strict vegetarian or vegan is a very difficult diet to follow. The challenge is making sure that you are getting all of the vitamins such as B12 and iron required to maintain your health.

### Veggie burgers — do I have to watch out for those? What other foods?

Kim D: Most veggie burgers are made with genetically modified soy, which is not healthy. While soy in moderation may have

some benefits, eating too much soy can trigger hormone imbalances. Make your own veggie burgers with whole unprocessed ingredients like black beans and quinoa.

SE: Packaged food in general is a concern when it comes to vegetarians; chips, granola bars, pasta and cheese are vegetarian, yes, but they leave major holes in dietary needs.

### What's the easiest way to start a vegetarian or vegan diet?

SE: Get help.

Kim D: Get help. Changing your eating habits is hard and especially on your own. Build a support team, which may include a dietitian and personal trainer. Enlist the support of your family or get a support buddy.

IF 80 PERCENT  
OF WHAT  
YOU'RE  
EATING IS  
GOOD, WHOLE  
FOOD,

IT'S NOT SO IMPORTANT IF YOU HAVE FAST  
FOOD ONCE IN AWHILE. — SUSAN ENGLE

## EXERCISE FOR BEGINNERS

### Any advice for a first-time gym-goer?

LMB: Make sure that they're ready. Make sure that their head is in it. When you're choosing a gym, do your homework. Don't be intimidated — you're the paying customer.

### If a newbie has a few, or a few dozen, pounds to lose, what is the most effective gym workout?

LMB: It's important to choose exercises that are safe. Push yourself with the cardio. Push yourself with the strength training.

### How does someone find the right class in terms of ability and enjoyment?

LMB: We encourage everybody to try all of them. Find a gym that offers a free class and give it a whirl.

### For someone interested in running, how do you get started?

JM: The first step is the hardest. Just getting out the door is the hardest. Put your running shoes in a place you might otherwise trip over them.

### How do people get motivated to start?

BC: Pick a race and a training plan.

### What is available for beginners who want to try yoga?

Kate D: We have a workshop tailored toward people who have never done yoga before. You can get individual attention in a group of people.

LJ: It's good to see what's going on at the studio. For someone who hasn't done yoga, ask if this is a beginner's class.

32►





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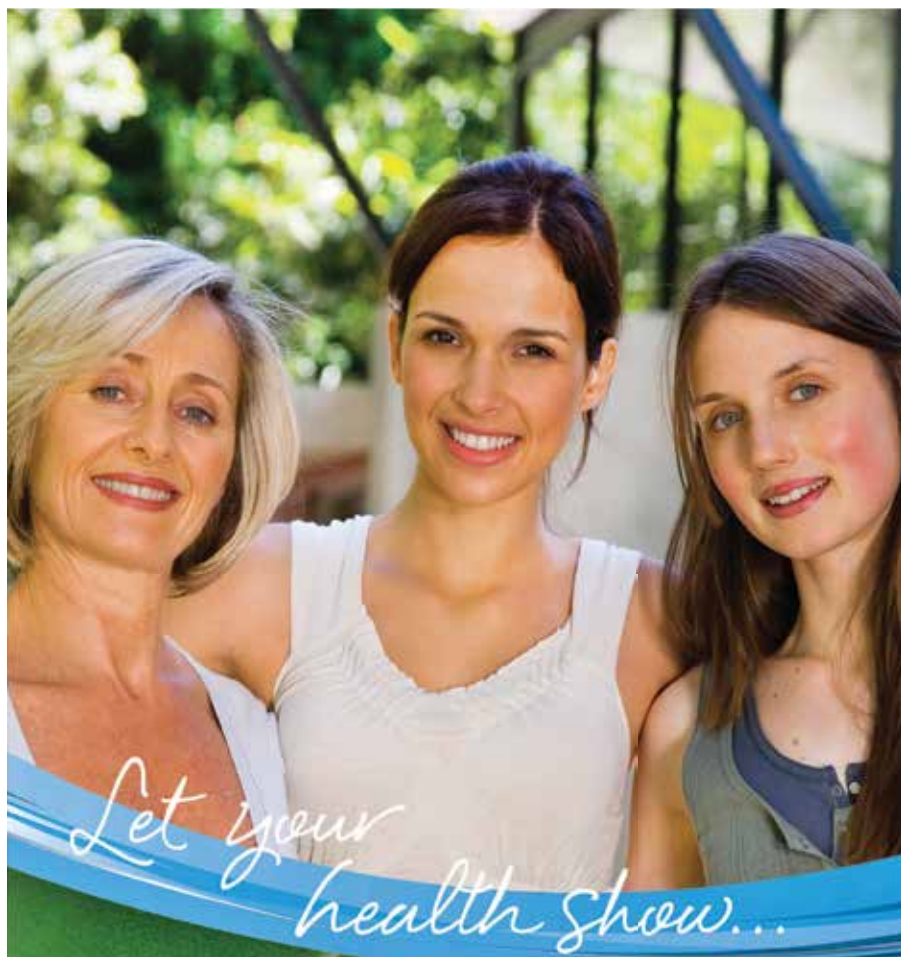
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## LOOK GOOD, FEEL GREAT

30 ► What's a common movement to start with?

Kate D: A common flow is cat-cow. You're on all fours with wrists to shoulders and knees to hips, arching and rounding the back. It's a nice way to mobilize the spine.

### WHAT'S YOUR BEST WORKOUT?

What's all the hype about circuit training?

LMB: It's muscle confusion. It's also fun; we have 10 stations, from the climbing rope to flipping a tire.

And what about interval training?

LMB: We [at Fortitude] have been doing it for years and years. It's always changing, and it's fun.

Why the heck is zumba so popular?

LMB: We would love to [offer zumba]. The music is loud and engaging, and people aren't taking themselves so seriously.

If you can't get to the gym and don't want to walk or run, what other workouts can you do at home?

LMB: Be outside. We have six months of winter [weather]. People hole up. Find something outdoors. Shovel. Rake your lawn as hard as you can.

What about those intense DVD programs, like P90X? Effective? Too hard for the average Joe?

LMB: I think they're great. At the same time, there's nobody there to correct your form. For the beginner, I'm a little wary. Listen to your body. Use common sense.

Working with a personal trainer: worth it?

LMB: It's not right for everybody, but for certain people, it's a slam dunk.

### RUN FOR YOUR LIFE

What are some tips for running longer distances?

JM: The general rule of thumb is to increase mileage by 10 to 15 percent per week.

And for runners who want to get faster?

BC: Speedwork.

How different is hydrating in the winter-time, compared to warmer months?

BC: It's definitely still really important to hydrate in the winter. There is so much more focus on it in the summer, but you're still sweaty running when it's 25 degrees.

Tips for cold-weather running?

BC: Dress as if the weather is 10 to 15 degrees warmer than it is.

Why is it also important to do strength training if you're a runner?

JM: It's not about building huge muscles like you're bodybuilding. It's about keeping your whole body healthy. As you start to tire, your running economy starts to suffer. You start to run inefficiently; therefore, your body mechanics are out of alignment. The stronger you are, the longer you can delay that.

What would you say to someone who wants to enter a race but who is afraid of finishing last?

JM: I think the majority of races we see

IF YOU'RE OUT THERE [RUNNING],  
**YOU'RE  
DEFINITELY  
BEATING  
THE PERSON  
SITTING ON THE  
COUCH.**

IF YOU DO FINISH LAST, THEN THERE'S A  
GOAL TO FINISH SECOND TO LAST IN THE  
NEXT ONE. — JOHN MORTIMER

around here are catered to runners and walkers. I don't think it's about finishing last. I think everybody is a winner out there. If you're out there, you're definitely beating the person sitting on the couch. If you do finish last, then there's a goal to finish second to last in the next one.

What about the natural running movement and barefoot running?

JM: I'm not necessarily a proponent of it. I think you need proper footwear no matter what you do. Some people may be genetically inclined to run barefoot or in a minimal shoe. I would never run barefoot. I would quit running before I would run barefoot. That being said, some people swear by it and get good results from it.

### GYM TIME

What is the best machine for a great cardio workout?

LMB: Your body is the best machine for cardio.

What about a best all-around workout for toning and fat-burning?

LMB: High-intensity interval training. You go hard for 20 seconds, then [slow down]. You recharge your body and then you go at it again. That kind of intensity boosts your metabolism up to 96 hours after [you exercise].

Free weights or weight machines?

LMB: Free weights.

Do you need a spotter when you're lifting?

LMB: If you're standing in front of the mirror curling, no. If you're bench-pressing a huge amount of weight, yes.

More reps with lighter weights, or fewer reps with heavier weights?

LMB: It depends on whether you're trying to tone or build muscle mass. I would always tend to do more reps, less weight, with the caveat that the last rep is [very difficult].

When's the best time of day to go if you want to avoid the crowds?

LMB: It's quietest in the early morning.

Say you have half an hour, tops. What's the best workout to squeeze in?

LMB: People are not aware that you don't





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Biology	Academic	S. Galloway	1	Monday	Feb.11-May 27	3-5pm	\$175
Civics/Economics	Academic	D.Pare	1	Monday	Feb.11-May 27	3-5pm	\$160
Algebra	Academic	D.Kalloger	1	Monday	Feb.11-May 27	3-5pm	\$160
US History	Academic	T.Westphal	1	Tuesday	Feb.12-May 28	3-5pm	\$160
SAT-Math	Elective	C.Russo	1/4	Tuesday	Feb.12-April 9	6-8pm	\$75
GED-Language	N/A	M.Theriault	N/A	Tuesday	Feb.12-May 28	6-8pm	\$30
Digital/Photoshop	Elective	R. Cardonna	1/2	Tuesday	Feb.12-April 30	6-8pm	\$100
Continuing Tai-Chi	Elective	M. Roth	1/2	Tuesday	Feb.12-April 30	5:45-7:15pm	\$100
Tai-Chi	Elective	M.Roth	1/2	Tuesday	Feb.12-April 30	6-7:15pm	\$100
Physical Science	Academic	K.Greeb	1	Tuesday	Feb.12-May 28	6-8pm	\$175
English	Academic	P.Galamaga	1	Thursday	Feb.14-May 30	3-5pm	\$160
SAT-English	Elective	P.Galamaga	1/4	Thursday	Feb.14-April 11	6-8pm	\$75
GED-Math	N/A	B.Carey	N/A	Thursday	Feb.14-May 30	6-8pm	\$30
Earth Science	Academic	K.Greeb	1	Thursday	Feb.14-May 30	6-8pm	\$175
Backyard Birding	Elective	N.Lambert	1/2	Thursday	March 21-May 30	5-7pm	\$100
Chemistry	Academic	S.Tower	1	Thursday	Feb.14-May 30	6-8pm	\$175
Creative Welding	Elective	R.Caradonna	1/2	Thursday	Feb.14-May 2	3:45-5:45pm	\$100+\$50
Creative Welding	Elective	R.Caradonna	1/2	Thursday	Feb.14-May 2	6-8pm	\$100+\$50
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Continuing Tai-Chi	Enrichment	M.Roth	N/A	Tuesday	Feb.12-April 30	5:45-7:15pm	\$80
Tai-Chi	Enrichment	M. Roth	N/A	Tuesday	Feb.12-April 30	6-7:15pm	\$80
Gardening-1 night workshops- Container gardening: Composting:Native plants: Native woody plants: What is Permaculture	Enrichment	P.Kovesces	N/A	Tuesday	March 5-April 2	6-8pm	\$20-each
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Mindful Living	Enrichment	C.Howard	N/A	Thursday	Feb.14-April 4	6:45-8pm	\$80
Creative Welding	Enrichment	R.Caradonna	N/A	Thursday	Feb.14-May 2	3:45-5:45pm	\$85+\$50
Creative Welding	Enrichment	R.Caradonna	N/A	Thursday	Feb.14-May 2	6-8pm	\$85+\$50
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## LOOK GOOD, FEEL GREAT

32 ▶ need an hour. It can be done in 10-minute chunks. Walk up and down the stairs, power walk — really push yourself. Make sure you keep your intensity up.

**WE'RE IN A REALLY EXCITING TIME IN TERMS OF YOGA. — KATE DUBE**

## IS YOGA FOR YOU?

**What are the benefits of a yoga regimen as opposed to a more traditional gym workout?**

Kate D: If someone is doing a lot of work in the gym with a lot of strength training, yoga can provide balance.

LJ: When you're exercising on a machine, you're tuning out or watching TV and are not present with what you're doing in your body.

**There seems to be a wide variety of yoga styles. What's out there?**

Kate D: We're in a really exciting time in terms of yoga. There's every style of yoga you could possibly imagine. It's great because everyone can participate and there is going to be something for you. We're seeing things like hip-hop yoga and AcroYoga and doing yoga on tightropes and there's boot camp style yoga.

LJ: Because there are different styles of yoga, people can find out what works for them. Some people are more slow paced and some people like flow yoga.

## How vigorous can a yoga regimen be?

LJ: I've been to classes where at the end my clothes are dripping wet and had to be peeled off my body.

Kate D: You could look toward a flow class, which is incredibly cardiovascular. In a flow class you're sweating out impurities and burning out junk like stress. You can also hold a pose for a long time. In Hatha you can hold a pose for two minutes.

**I've heard of things like Broga. Are more men getting involved and participating in yoga?**

Kate D: The majority is women, but I have at least two students in every class that are male. It's very normal here, so we don't feel the need to have that. There's more general acceptance of yoga as a whole. One of the interesting things too is that we get men of all ages.

**How can yoga students bring these exercises home?**

LJ: Most people actually do better in a group. People who come to group classes find that they benefit from everyone striving to do the best they can and they use that energy.

**What are some of the mental health benefits of yoga?**

LJ: Most of the time we go through what we do in life without being present. If you give yourself an opportunity to do a yoga

practice, you can be aware of your breath and how your body is moving and how it's such a gift to be present in other things in life.

## Is there a social aspect to the classes?

Kate D: We pride ourselves on that we are a community. We have a lounge where you can hang out before and after class to create a sanctuary where people feel supported, valued, seen and loved.

## What about yoga DVDs or videos?

Kate D: We have online classes that people can use online at [yogabalance.info/main/yblive](http://yogabalance.info/main/yblive). They are free classes that people can download and are 27 minutes in length. They are also shown on Manchester community television at 6:30 a.m.

LJ: I did it years ago and people find there's a lot of good ones out there. You can't go wrong if you make sure it's for beginners and you make a time to practice at home. It's a great way to do it.

**What's the difference between yoga and pilates?**

LJ: There's a huge difference. Pilates is a core workout and yoga is the whole body. Pilates is about the core area and yoga is about flexibility.

**What more advanced movements or poses can you work your way up to?**

Kate D: The eight-angle pose is one where you're balancing on your arms. It also requires flexibility in the hips the way the legs are arranged.

LJ: With a shoulder stand, they're working their way to an inverted position where the lower body is above the upper body. That's a great one for the lymphatic system.

## How does yoga improve balance?

Kate D: You start to develop proprioception, which is [awareness of] where the body is in space at all times. But, like anything in life, it takes practice. If you're doing standing balance, people forget about their feet. It's about opening up their feet and opening up their toes. It's also about opening the body and opening the mind. Many people think they can't balance or beat themselves up when they fall out of balance. It brings awareness to where you're placing yourself in space.

LJ: A lot of the poses are done on one leg, so that's one way.

**How often do you need to practice to reap the benefits?**

Kate D: You need to find what works for you. When you start a new exercise routine, you need to see how you respond. The most important thing is doing what you can maintain over time.

## EXERCISE SAFETY

**What's the rule of thumb on stretching these days?**

JM: The rule of thumb is that you don't want to overstretch a cold muscle. I wouldn't spend significant time stretching if you haven't done anything to gently warm up. That could be a walk, and then stretch. It could be doing some light calis-



thenics just to get the blood flowing to the muscles.

**When you feel like you might be coming down with a cold, but you're training for, say, a race, how do you know when you should push through and run anyway or take a day or two off to rest?**

BC: Only you know when you can push it or when you should back off. Trust your training.

JM: If you're in tune with how your feel and how your body feels, you should listen to it. If you feel like you're coming down with something, one day off or one training session delayed sometimes saves you from a week off from being sick or injured.

**How can you avoid injury when lifting weights?**

LMB: Correct form, correct form, correct form. Warm up and *then* stretch.

**When practicing yoga?**

LJ: No. 1 is to listen to the body's messages. I always say to my students, "pain is no gain." Nothing that we are doing should give us pain. That's the body's message.

**What are the basic running injuries to avoid?**

JM: Typically, that's overuse injuries. They're caused by basically doing too much, too soon.

**How do you know if you're pushing too hard?**

BC: If you've done a workout that's more challenging and you're still sore two days after the workout, that's probably a sign you pushed it too hard.

**Say you have infinite free time. How much exercise is too much in one day? One week?**

LMB: You're not going to be able to keep up that pace [of working out two or three hours a day]. That's what causes injury.

**Aren't gyms breeding grounds for germs?**

LMB: Not ours. They can be. You've got to be really careful about the gym you choose. Have a tour of the gym [before you sign up].

**MOTIVATION IS KEY**

**How can someone stay motivated to work out regularly?**

LMB: Make sure you keep changing it up. Here, our classes completely change every four weeks. Before it gets boring, it's all new again.

**How do you stay motivated in the winter?**

JM: Some of the most enjoyable runs are when you get dressed up, all bundled up and you're nice and warm inside, because then, running in the cold, you feel like you've accomplished more than you would in the middle of the summer.

**Once you plateau, what are some ways to get re-inspired?**

BC: As much as runners don't like change, I say pick a different race. If you have different goals, it makes it more exciting.

JM: It all goes back to motivation. Pick a race and train to run faster at that race.

**PROPER SHOES ARE CRITICAL.**

**YOU HAVE TO GO TO A SHOE DOCTOR. — LISA MARIA-BOOTH**

**And if racing isn't for you?**

BC: [Group runs] can definitely help an individual sport become more enjoyable.

**And to the seasoned gym rat who might be stuck in a rut?**

LMB: Mix it up. Look for something fresh and new and different.

**What if I want to eat healthy but live with others who won't change?**

Kim D: That definitely makes it more challenging, but not impossible. I have a number of clients who experience this situation and I encourage them to take care of themselves regardless of their environment. If they are tempted by unhealthy foods around the house, I ask them to see if their family would agree to put those foods in a drawer or cupboard so they are out of sight.

**CLOTHING AND EQUIPMENT**

**Do you need fancy workout equipment?**

LMB: No way. My favorite piece of equipment is a rock. You can use cones, tape on the floor...

**What about clothing?**

LMB: Clothing doesn't have to be expensive. Proper shoes are critical. You have to go to a shoe doctor.

**What kind of things should people keep in mind when picking out shoes?**

BC: Everyone needs different levels of support. [Coco agreed it's important to get fitted properly at a store where staff members know what they are doing.]

**Any tips on socks?**

BC: Anything but cotton.

**What kind of equipment do you need for yoga?**

Kate D: All you really need is a mat and a sense of enthusiasm.

**Special clothing?**

LJ: You just need stretchy pants with an elastic waist. It's also good to layer up on top. I usually wear a tank top and shirt over that and in the cold weather, maybe another shirt over that. That way as you progress in the hour you can get your body comfortable.

**Looking at the state as a whole, how does New Hampshire rank on health?**

Surprisingly, New Hampshire leads the country in being one of the most active states. New Hampshire is low in smokers, and was ranked as the third healthiest state in 2012 by the United Health Foundation. One thing that New Hampshire is on the bottom half with, however, is that we drink alcohol in excess. — Dr. Mythili Ransdell



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# THIS WEEK

## EVENTS TO CHECK OUT JANUARY 24 - 30, 2013, AND BEYOND

### Saturday, Jan. 26

Try your hand (and feet) at snowshoe frisbee golf at the Massabesic Audubon Center (28 Audubon Way, Auburn) Saturday, Jan. 26, and Saturday, Feb. 9, with tee times at 10 a.m., noon and 2 p.m. On Jan. 26, visit the center for a practice session, and then return on Feb. 9 for a fundraising tournament. Practice session is \$5 per person, and the tournament is \$15 per person. Call 668-2045 or visit [nhaudubon.org](http://nhaudubon.org). Photo by Chris Kenney.



### Sunday, Jan. 27

Taste some chili and chowder at the Souhegan Valley Chamber of Commerce Chili Chowda Cookoff, from noon to 4 p.m. \$10. Amherst Business Center (105 Route 101A Amherst). Call 673-4360 or email [may@souhegan.net](mailto:may@souhegan.net).



### Sunday, Jan. 27

Check out a one-man circus act with balancing acts, juggling and more at Wonderle's Big Top Circus Extravaganza at the Jewish Federation of New Hampshire (698 Beech St., Manchester), 3 to 4:30 p.m. Parents are free and kids admission is \$5.



### Monday, Jan. 28

The first of two School Options Expos takes place at the Tilton Hampton Inn (195 Laconia Road, Tilton) Monday, Jan. 28, 4 to 8 p.m., with the second at Liberty Harbor Academy (1230 Elm St., Manchester) Saturday, Feb. 2, 10 a.m. to 3 p.m. Learn about school and scholarship options available for students. Those in attendance will have a chance to win a \$1,000 educational scholarship or \$50 Walmart gift card. Visit [networkforeducation.org](http://networkforeducation.org).



### Tuesday, Jan. 29

Roger "Hammer" Tetreault will discuss his journey along the Appalachian Trail at the Amherst Town Library (14 Main St., Amherst) from 7 to 9 p.m. Admission is free, but registration is required. Call 673-2288, email [library@amherst.lib.nh.us](mailto:library@amherst.lib.nh.us) or visit [amherst.lib.nh.us](http://amherst.lib.nh.us).

### Free: sniff tea


Sniff an unmarked tea and see if you can match it correctly to its name at the tea sniffing contest at Hooksett Library (31 Mount Saint Mary's Way, Hooksett) Thursday, Jan. 24, at 6:30 p.m. Learn about tea from Lynda Simmons, owner of Tea For You. Prizes. Call 485-6092 or visit [hookset-library.org](http://hookset-library.org).

### Cheap: hear the choir

Listen to the sounds of the Boston Black Catholic Choir at its concert on Sunday, Jan. 27, at 3 p.m., at the Cathedral of St. Joseph at the corner of Pine and Lowell streets in Manchester. Donation of \$10 is requested at door. Call 622-6404, ext. 31.

### Splurge: sommelier's secrets

Discern smells, flavors and types of wines: smoky, fruity, floral, aged, Americans, Frenchs and more. Friday, Jan. 25, 6:30 to 8:30 p.m. WineNot (170 Main St., Nashua, 204-5569). \$30, reserve at [winenotboutique.com](http://winenotboutique.com) or by phone.



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081953



# New Thalian Players sign off

Founder and players recall favorite memories

By Kelly Sennott  
ksennott@hippopress.com

Right before showtime, Beth Ann O'Hara would gather her "other children," her New Thalian players, into a circle.

"You've rehearsed. You know who you are on stage. You know what you're doing, and you're going to give your best out there," she recalls telling them. "All of these people have come here for no other reason: They're out there waiting to love you. Give them the love back."

Then, they'd squeeze hands and take their places.

"During that time, they were like my own children," O'Hara said in an interview last week.

Indeed, many of them called her "mom" and her husband, John O'Hara, "dad."

"Frankly, it was a benevolent dictatorship," O'Hara said. "I knew more than all of these kids combined [about theater], and I knew what shows we could do well."

And now, nearly 30 years after O'Hara started New Thalian Players back in 1983, the group is saying their final goodbyes. There are a couple of reasons for the departure. A lack of permanent home, for one; since Notre Dame College closed in 2000, it's sometimes been called a "gypsy" of a troop, having staged shows in the Palace Theatre, at the Stockbridge Theater, at the Old Bedford Town Hall, in Veteran's Park, and most recently, in the Walker Auditorium at Southern New Hampshire University. The increase in the number of NH theater companies and the growing expenses of putting on a show also contributed to the decision.

But rather than dwelling on this with sadness, players are instead looking back on their time with New Thalian with fondness. And they credit O'Hara in particular for this long, successful run.

## The beginning

O'Hara's involvement with the Notre Dame College theater group began in 1983. A mother of four daughters — Jodyne



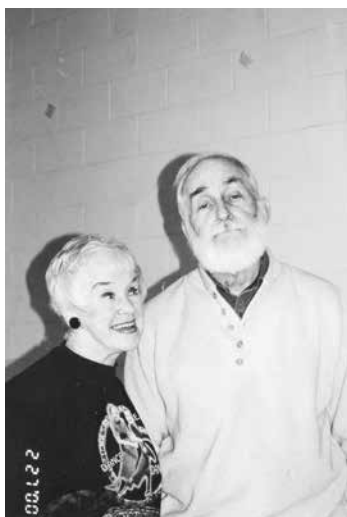
Joel Iwaskiewicz and Ashely Hughes Swanson in *Bat Boy: The Musical* (photo by Curtis Swanson)

Speyer, Susan Abramowitz-Silverman, actress Laura Silverman and actress and comedian Sarah Silverman (they're all successful, and they're all funny, O'Hara said) — she was working to finish up a fine arts degree at the time. She had minored in theater at Tufts University, but always loved it and followed it closely. Her philosophy professor and future husband, John O'Hara, asked if she'd like to help out with a production some Notre Dame students were working on. She said of course.

When she began working with them, they were coined the "Not Ready for Broadway Players," according to the players' website. O'Hara came up with the name New Thalian Players shortly after taking over. "Thalia was the Greek muse of comedy," O'Hara explained. "To honor him, we decided to call ourselves the New Thalian Players."

A few productions later (including *You're a Good Man, Charlie Brown*, *Play On*, *Cinderella*, *Joseph and the Amazing Technicolor Dreamcoat*), she was waist deep in shows, costumes, sets and rehearsals, and fully devoted to this growing theater group that was turning heads. Notre Dame was a small college, so O'Hara invited community members to take part, too.

She became an employee of the school, which was good for the shows: every penny she made



Betty Thomson who directed some NTP shows, and the late John O'Hara, Beth Ann's husband. (photographer unknown)

went right into making the production as fantastic as possible.

## Their claim to fame

It was all in the details.

"I said, to get the best performances, you deserve the best costumes. You need to believe you are who you are," O'Hara said.

So she put money, time and effort into perfecting every detail of each costume, of each set, of helping actors perfect each line. This is what made the difference, said Beth Fenske, who was the last president of the New Thalian Players.

"There was always that extra little detail she'd keep pushing, to make a costume that much better, to make a scene click. She'd never stop pushing until the show was the best it could possibly be," Fenske said.

But this was the only way



The *Little Abner* cast. Photo by Roger Compagna.



Tim Slaate in *The Mikado* (photographer unknown)



Beth Ann O'Hara. Courtesy photo.

O'Hara knew. "We tried to get everything first class, the way it was supposed to be. Money was spent on old-fashioned phones, furniture, costumes. We did it as close to Broadway-quality as we could," she said. "Since I was putting all of my money back into this, I wanted it to be worth something. I wasn't going to do anything cheap or halfway."

When Notre Dame College closed in 2000, Betty Thomson took over as director for O'Hara, who has had a run with some bad health. After that transition, Terry and Bill McKay were instrumental in creating costumes and sets, O'Hara said, and she also credited Tim Slaate for costume design, Lacy Long for set creation, and Pat Dezell for the 16 plays he directed.

But O'Hara was still involved in every aspect of the group, from their move to the shows they put on. She remained up-to-date on theater trends, too; when she saw a new show (like Steve Martin's *The Underpants*) that she liked, she was determined that NTP be first group to bring it to New Hampshire.

## Remember when ...

There were some productions were better than others. One of O'Hara's favorites was *Into the Woods*. This production had custom-made costumes made from the finest fabrics, the best they'd ever been, she said.

Joel Mercier, who directed NTP's last show, *Batboy: The Musical*, remembers *Little Abner*, a show he acted in when he was a teenager. "It was an awful show," Mercier said.

He said it was terribly written, based off a cheesy comic strip, but the production was fantastic. O'Hara fabricated each costume to look exactly like those from the comic strip. (Satin costumes, prosthetic noses, you name it.)

*New Brain*, too, was a favorite of his; it's where he met his fiancée. Beth Fenske also remembers getting blubbery and teary-eyed during one of the last numbers in this show, "I Feel So Much Spring." The show was about renewals and beginnings, and it was their first show at SNHU.

Many people will remember NTP for the five years of free theater they put on with Theater in the Park, too. It was expensive,



## THEATER

paid in part through *Sarah Silverman and Friends*, benefit performances that Sarah and Laura Silverman helped put on at the Palace to raise money for NTP.

"The heart of theater in the park was that people who could not afford to go see theater could see the classics for free," said Aaron Compagna, who began acting with NTP when he was just 10 years old. (His only line in that production, *Fiddler on the Roof*, was "And I'm Aaron.") "They'd grab their lawn chairs, sit on the grass and see a good-quality musical theater production. Most people who have money can see these, but this was a way to show the community members who can't," he said.

Alums remember barbecues at O'Hara's, day-long rehearsals on Sunday, and the green room: a room for costumes, props, storage, and a never-ending supply of snacks and leftovers. Compagna remembers never having worked so hard to not

laugh as he did in *Oklahoma*; halfway through a scene, someone dropped a rubber chicken onstage. On the NTP Facebook page, alums recall having met girlfriends, husbands, fiances, friends. NTP became a second family for members, and if their success was any indication — most of their shows sold out, and their last two, *The Laramie Project* and *Batboy: The Musical*, were nominated for NH Community Theatre Awards — the audience felt that, too.

"Theater is such a personal experience. We get so emotionally invested in it, which we don't always do with other things. I think that New Thalian Players, when it was at Notre Dame college, represented something that was a really amazing getaway for people, to be able to invest in something that made them really happy. Sometimes you need these little breaks in life, and NTP provided that when it could," Mercier said. 🍀

### 39 Theater

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### THEATER LISTINGS

• **SHAKESPEARE'S WILL** shows at Merrimack Repertory Theatre (132 Warren St., Lowell, Mass.) through Feb. 3. Tickets start at \$20. Visit MRT.org or call 978-654-4678.

• **THE GREAT AMERICAN TRAILER PARK MUSICAL** at the Palace Theatre (80 Hanover St., Manchester, 668-5588) on Thurs., Jan. 24, at 7:30 p.m.; Fri., Jan. 25, at 7:30 p.m.; Sat., Jan. 26, at 2 p.m.; and Sat., Jan. 26, at 7:30 p.m. Tickets \$15-\$45. Visit palacetheatre.org.

• **RENT: SCHOOL EDITION** at Seacoast Repertory Theatre (125 Bow St., Portsmouth, 433-4472, seacoastrep.org) on Fri., Jan. 25, at 8 p.m.; Sat., Jan. 26, at 8 p.m.; Sun., Jan. 27, at 2 p.m. Tickets \$25.

• **ALL SHOOK UP** at Rochester Opera House (31 Wakefield St., Rochester, 335-1992, rochester-operahouse.com) on Thurs., Jan. 24, at 8 p.m.; Fri., Jan. 25, at 8 p.m.; Sat., Jan. 26, at 2 & 8 p.m.; and Sun., Jan. 27, at 2 p.m. Tickets \$25 for cocktail seating, \$15 for balcony, \$8 for opening night.

• **BLITHE SPIRIT** by New Hampshire Theatre Project at West End Studio Theatre (959 Islington St., Portsmouth) on Fri., Jan. 25, at 8 p.m.; Sat., Jan. 26, at 8 p.m.; and Sun., Jan. 27, at 2 p.m. Tickets \$24. Email reservations@nhtheatreproject.org or call 431-6644, ext. 5.

• **DARING TO THINK, MOVE AND SPEAK** at Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700, on Thurs., Jan. 24, at 7:30 p.m. Moving series of monologues and spirituals detailing life and legacies of Ida B. Wells-Barnett, Fannie Lou Hamer, Francis Ellen Watkins Harper, Rosa Parks and Diane Nash. Tickets \$21.50 (\$12.50 for children).

• **BUBBLEMANIA: COMEDY WITH A DRIP** at the Capitol Center for the Arts (44 S. Main St., Concord, 225-1111) on Sun., Jan. 27, at 1 & 4 p.m. Visual art, wit, swing music and soap bubble manipulations. For all ages. Tickets \$20. Visit ccanh.com.

• **THE ODD COUPLE** at Players' Ring, 105 Marcy St., Portsmouth, weekends, Jan. 25 through Feb. 10, Fridays and Saturdays at 8 p.m., Sun., Jan. 27, at 7 p.m. Matinee performance Sun., Feb. 3, at 2 p.m., and Sun., Feb. 10, at 2 p.m. Tickets \$12-\$15. Call 436-8123, visit playersring.org.

• **SHAKESBEERIENCE: TWO GENTLEMEN OF VERONA** presented by Seven Stages Shakespeare Company on Mon., Jan. 28, 6:30-8:30 p.m., at The Press Room, Daniel St., Portsmouth. Free. Visit 7stagesshakes.wordpress.com.

• **DISNEY ON ICE** at Verizon Wireless Arena (555 Elm St., Manchester) on Wed., Jan. 30, at 7 p.m.; Thurs., Jan. 31, at 7 p.m.;

Fri., Feb. 1, at 7 p.m.; Sat., Feb. 2, at 10:30 a.m., 2:30 and 6:30 p.m.; Sun., Feb. 3, at 10:30 a.m. and 2:30 p.m. Tickets \$26-\$75. Call 800-745-3000.

• **WORLD OF WONDER: CONJURING CHARACTERS & COMEDY** at West End Studio Theatre, 959 Islington St., Portsmouth, on Sat., Feb. 2, at 2 p.m. Email info@pontine.org, call 436-6660. Tickets \$15.

• **AS YOU LIKE IT** at 1 Washington St., Suite 5041, Dover, on Thurs., Feb. 15, at 7 p.m.; Fri., Feb. 15, at 7 p.m.; Sat., Feb. 16, at 7 p.m.; Sun., Feb. 17, at 1 p.m.; Fri., Feb. 22, at 7 p.m.; Sat., Feb. 23, at 7 p.m.; Sun., Feb. 24, at 1 p.m. Tickets \$12 students, \$17 adult. Email tickets@theatreunmasked.com, visit theatreunmasked.com, call 207-358-9887.

• **VAGINA MONOLOGUES** at Seacoast Repertory Theatre (125 Bow St., Portsmouth, 433-4472, seacoastrep.org) on Fri., Feb. 1, at 8 p.m.; Sat., Feb. 2, at 8 p.m.; and Sun., Feb. 3, at 2 p.m. Tickets \$25.

• **CITY OF BONES** Nashua Theatre Guild benefit performance at Court St. Theater (14 Court St., Nashua) on Sat., Feb. 2, at 7:30 p.m. Pre-show reception with hors d'oeuvres and beverages. Admission free. Charitable donations accepted. Email nashuatheatreguild@gmail.com, call 320-2530.

• **BARBIERE DI SIVIGLIA** presented by Opera NH at the Palace Theatre (80 Hanover St., Manchester, 668-5588), on Sun., Feb. 3, at 2 p.m. Tickets \$20-\$75.

• **STATE BALLET THEATRE OF RUSSIA'S CINDERELLA** on Wed., Feb. 6, at 7:30 p.m., and Thurs., Feb. 7, at 7:30 p.m., at Capitol Center for the Arts (44 S. Main St., Concord, 225-1111). Tickets \$28-\$58.

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081890

## THEATER CURTAIN CALLS



• **Something Wonderful I Missed:** Players with Not Your Mom's Musical Theater are seeking strong singers to join the cast for this season, which kicks off with *Something Wonderful I Missed: The Musicals of 1963*. The show features selections from the 1963 musical theater season, which will be emceed by local actors and comedians who will illustrate the "often ridiculous and always interesting" history of the songs. Auditions take place on Monday, Jan. 28, from 6:30 to 9 p.m., at Appletree Business Services, 15 Londonderry Road, Londonderry. Auditioners should prepare two contrasting selections from musical theater (32 bars max each) that show the variety of styles they're capable of. If possible, they should bring a resume, too. Email notyourmoms@gmail.com. Concerts will be held on Feb. 24 (already cast), May 26, July 14, Sept. 8 and Nov. 17, according to the release, at the historic Derry Opera House.

• **City of Bones encore:** The Nashua Theatre Guild is holding a benefit performance of its award-winning production, *City of Bones*. The event, which is on Saturday, Feb. 2, at 8 p.m., at the Court Street Theater in Nashua (14 Court St., Nashua), is a performance piece, with traditional African and modern dance, Haitian Voodoo ritual, traditional and contemporary African song and spoken word help tell the story of the plight of the African-American male in America throughout history. The production took home first-place at the New Hampshire Community Theatre Festival last September, in addition to awards in directing, acting, production design and choreography. There's no ticket price for this event; however, donations will be accepted to help offset the cost of sending *City of Bones* to Regionals.

• **Sing it loud, sing it proud:** The Manchester Choral Society, now in its 51st season, is hosting an "open sing" event, on Monday, Jan. 28, at 7 p.m., at the Recital Hall at Manchester Community Music School, 2291 Elm St., Manchester. Returning singers and potential new members are welcome to attend. Under the direction of Dr. Dan Perkins, the choral society invites anyone looking to learn more about the group, as well as its upcoming performance: "The World Beloved: A Bluegrass Mass," on May 18 and May 19. Visit mcsnh.org or call 472-6627.

— Kelly Sennott

### • ONE-ACT PLAY FESTIVAL

by Saint Anselm College Abbey Players on Thurs., Feb. 7, at 7:30 p.m.; Fri., Feb. 8, at 7:30 p.m.; Sat., Feb. 9, at 7:30 p.m., at the Dana Center, 100 Saint Anselm Drive, Manchester, 641-7700. One-act experimental plays directed by students. Tickets \$8.

### Auditions/open calls

• **YOUTH AUDITIONS** for *Seussical The Musical Jr.* and for Youth Ensemble of Palace Professional Theatre's *Joseph and the Amazing Technicolor Dreamcoat* on Sat., Jan. 26, at 10 a.m.; Sat., Jan. 26, at 11 a.m.; Sat., Jan. 26, at noon; Sun., Jan. 27, at 6 p.m.; Sun., Jan. 27, at 7 p.m.; and Sun., Jan. 27, at 8 p.m., at Palace Theatre, 80 Hanover St., Manchester, for kids ages 8 to 18. Call 668-5588.

• **AUDITIONS** for *Damn Yankees* at the Leddy Center for the Performing Arts, 38c Ladd's Lane, Epping, on Sat., Feb. 9. Call the office (679-2781) Monday through Friday between 3 and 5 p.m. to make audition appointment. Women and girls prepare "Shoeless Joe" or "Whatever Lola Wants, Lola Gets;" Men and boys prepare "You Gotta Have a Heart," "The Game," or if auditioning for Joe, "Goodbye Old Girl." Visit leddycenter.org.

### Workshops/other

• **NH THEATRE AWARDS** on Sat., Jan. 26, at 7 p.m., at Stockbridge Theatre, Pinkerton Academy, Derry, 437-5210, tickets. stockbridgetheatre.com, nhtheatreawards.org. Tickets \$20-\$30.

• **AUDITIONS** for Actorsingers' *Curtains* on Sun., Jan. 27, at 7 p.m., and Mon., Jan. 28, at 7 p.m., at Actorsingers Hall, 219 Lake St., Nashua. Callbacks on Wed., Jan. 30. Prepare 32 bars of music and arrive ready for a dance audition. Visit actorsingers.org, call 889-9691.

• **TEEN VIDEO CHALLENGE** at Goffstown Library (2 High St., Goffstown), postmark due by Feb. 4. Teens are invited to create a 30- to 90-second video promoting the Summer Reading program, including an interpretation of the 2013 teen slogan, "Beneath the Surface." Winners get \$275. Call 497-2102 or email denises@goffstownlibrary.com.

• **25TH ANNIVERSARY SILVER CELEBRATION** on Sat., Feb. 9, at 5:30 p.m., at Seacoast Repertory Theatre, 126 Bow St., Portsmouth, 433-4472. Benefit auction. Tickets \$100. Visit therepsilvercelebration.wordpress.com.

### ART LISTINGS

#### Art events

• **MUSEUM FOCUS TOUR: THE FEMALE FORM IN SCULPTURE** at the Currier Museum of Art (150 Ash St., Manchester, 669-6144, currier.org) on Sat., Jan. 26, at 11:30 a.m. Free with museum admission.

• **STORYTIME IN THE GALLERY** on Mon., Jan. 28, at 11:30 a.m., at the Currier Museum of Art (150 Ash St., Manchester, 669-6144, currier.org). Listen to *A Penguin Story* by Antoinette Portis and look at "Snow and Water" by Arthur Dove, and make art. For ages 3 to 5. Free with museum admission.

• **POTTER'S BOWL FUND-RAISER** at Promises to Keep, Route 28, Derry, on Fri., Feb. 1, 5-8 p.m. Pick up handcrafted pottery bowl donated by NH artists with over a dozen types of soup donated from local Derry restaurants. Tickets \$35. Proceeds go to local nonprofits dedicated to serving elderly and disabled. Call 432-0877 to purchase tickets.

• **DREAMCATCHERS NH** art auction Sat., Feb. 2, 1-3 p.m., UNH Manchester, 400 Commercial St. Silent auction, live auction and refreshments. Registration required. 785-0824 or DreamCatchersNH.org.

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## DO YOU BUGLE?



Manchester's Muchachos Drum and Bugle Corps is hosting an open rehearsal and audition for its upcoming 2013 performance season on Sunday, Feb. 10, from 12:30 to 5 p.m. at the Brady-Sullivan Tower, 1750 Elm St., in downtown Manchester. This is Manchester's only active, all-age drum and bugle corps, with membership available to anyone 14 or older. They're looking to add members to their brass, percussion and color guard units, with special emphasis on horn players. Not experienced enough to try out? Hang out and watch — current members and staff will be on hand to answer questions about the group. Call 228-3871 or visit [muchachos.org](http://muchachos.org).

## AWAKE MY SOUL



The Concord Chorale's upcoming concerts, "Awake My Soul," on Saturday, Jan. 26, at 8 p.m., and Sunday, Jan. 27, at 3 p.m., will be one of the largest musical ensembles in its 40-plus year history. Two significant choral works make up the event: "Creation Mass" by Josef Haydn and "Mass of the Children," by well-known contemporary composer John Rutter. The 80-member chorale will be accompanied by four professional soloists from Boston and New York City, a 25-person professional orchestra, and for "Mass of the Children," a 40-member chorus made up of young singers from four different middle and high schools in the area, plus the Purple Finches of the Concord Community Music School. The concerts, which will be held at the St. John the Evangelist Church, 72 S. Main St., Concord, are fused together in a theme, "Awake My Soul," encouraging to shake off the "dullness of winter" and awaken the "beginning energy that leads to spring," according to the release. Tickets are \$20 for adults, \$15 for students. Call 463-5504, visit [concordchorale.org](http://concordchorale.org).

• **ODAIKO NEW ENGLAND** evening of Japanese culture with taiko drum performance by Odaiko New England at the Currier Museum of Art, 150 Ash St., Manchester, [currier.org](http://currier.org), on Thurs., Feb. 7, 5:30-7:30 p.m. Admission \$10. Call 669-6144.

• **"FOR THE LOVE OF CHOCOLATE"** gala at Pelham Public Library (24 Village Green, Pelham, 635-7581, ext. 3060) on Fri., Feb. 8, 7-9 p.m. Chocolate treats from chefs and bakeries, raffles, and local author talks. Tickets \$15. Visit [pelhampubliclibrary.org/friends/gala](http://pelhampubliclibrary.org/friends/gala).

• **ART AND POETRY: AMERICAN IMPRESSIONISM** museum focus tour at the Currier Museum of Art, 150 Ash St., Manchester, on Fri., Feb. 8, and at 11:30 a.m., and Sun., Feb. 10, at 11:30 a.m. Free with museum admission. Visit [currier.org](http://currier.org), call 669-6144.

• **FAMILY SATURDAY: A SENSE OF BALANCE** on Sat., Feb. 9, 10 a.m.-1 p.m., at the Currier Museum of Art, 150 Ash St., Manchester. Hands-on activities, guided family gallery tour at 11:30 a.m., visit Discovery gallery. Admission free 10 a.m. to noon. Children 17 and younger free. Visit [currier.org](http://currier.org), 669-6144.

• **JAZZ BRUNCH WITH EJ SMOOTH** on Sun., Feb. 10, 11 a.m. to 2 p.m., at the Currier Museum of Art, 150 Ash St., Manchester. Brunch menu with made-to-order omelets and made-to-order pancakes with fun mix-ins. Visit [currier.org](http://currier.org), call 669-6144, ext. 110. Brunch \$19.95 for adults, \$6.95 for kids 10 and under, \$8.95 for continental only.

### Exhibit openings

• **ST. JOSEPH HOSPITAL RECEPTION/SILENT AUCTION** on Thurs., Jan. 24, 5-7 p.m., in the St. Joseph Hospital atrium. Put together by Art Reach.

• **"LOVE, LUST, & DESIRE V"** at McGowan Fine Art, 10 Hills Ave., Concord, 225-2515, [mcgowanfineart.com](http://mcgowanfineart.com), on display Jan. 29 through Feb. 15. Reception Fri., Feb. 1, 5-7 p.m.

• **PULP FICTION: THE ORIGINAL GRAPHIC NOVEL ART** exhibit at Southern NH University McIninch Art Gallery (2500 N. River Road, Manchester, [snhu.edu/art](http://snhu.edu/art)) through Feb. 22. Opening reception Thurs., Jan. 24, 5-7 p.m. Free. From the Robert Lesser Collection of Pulp Art.

• **SACRED LANDSCAPES OF PERU: THE PHOTOGRAPHS OF CARL AUSTIN HYATT** at the Carter Gallery at UNH Museum of Art (Paul Creative Arts Center, 30 Academic Way, Durham, 862-3712, [museum.of.art@unh.edu](http://museum.of.art@unh.edu)), Jan. 26-March 28. Opening reception Fri., Jan. 25, 6-8 p.m.

• **"ART AND BLOOM"** show at McGowan Fine Art (10 Hills Avenue, Concord) from Jan. 24 through Jan. 26. Opening reception on Thurs., Jan. 24, 5-7:30 p.m. Floral arrangements inspired by artwork. Visit [mcgowanfineart.com](http://mcgowanfineart.com), call 225-2515.

• **DORINE GROSS AND WENDY TURNER** will be exhibiting their work at the Gateway Gallery, Great Bay Community College, Jan. 29 through March 22. Opening reception Tues., Jan. 29, 5-7 p.m.

### In the galleries

• **50 SHADES OF GRAY** exhibition at the NHAA Robert Lincoln Levy Gallery, 136 State St., Portsmouth, through Jan. 26. Call 431-4230.

• **"ABOVE AND BELOW: SKYSCAPES AND LANDSCAPES"** exhibit by Becca Anderson and Mary Carroll Moore at Amherst Town Library, 14 Main St., Amherst, 672-1700, through Feb.

• **CHILD AT HEART** art exhibition at the League of NH Craftsmen gallery, 49 Main St., Suite 100, Concord, open for viewing through April 13.

• **CHRISTINE A. RYAN** shows her artwork at Nashua City Hall (229 Main St., Nashua) as the

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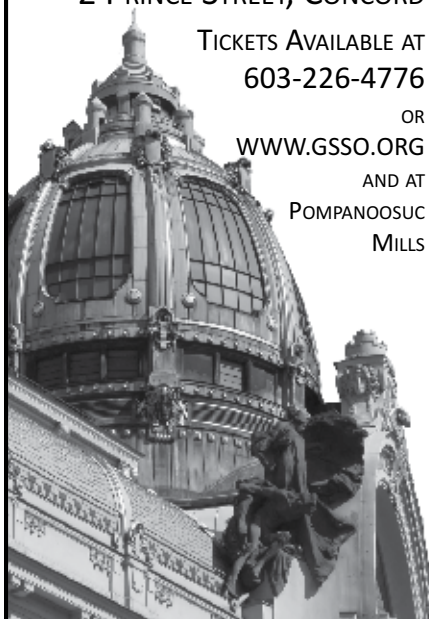
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ART

## Not all ‘sketchy’

Artist’s portraits and landscapes vary in technique

By Kelly Sennott  
ksennott@hippopress.com

Despite its small size, Robert Bauer’s art on display at the *Alva de Mars Megan Chapel Art Center* is powerful, said Julia Welch, assistant curator at the art center.

The exhibition, “The Quality of Introspection: Portraits and Landscapes by Robert Bauer,” will hang along the walls at the St. Anselm art center Feb. 1 through March 1. What’s interesting about his work, Welch said, is the difference between his portraits and his landscapes.

“The portraits have a very precise, life-like kind of quality. They’re very realistic and natural,” Welch said. “His landscapes, while they have a realistic interpretation, they have a much more dreamlike quality to them. They’re mostly pencil drawings and have a sketchy, looser feel.”

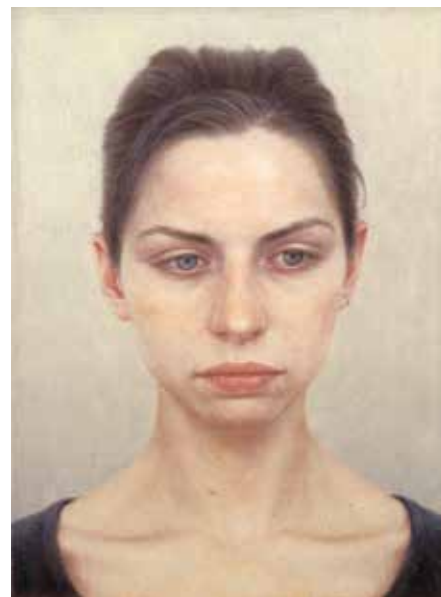
You might recognize his work from a past exhibition; one of his portraits, “Adam I,” was included in the gallery’s 2009 exhibition, “A Figural Presence.” This exhibition expands upon Bauer’s concept of observation, and provides an opportunity to further explore “poetic regard,” an idea that Ian MacLellan, director of the *Alva de Mars Megan Chapel Art Center*, is trying to instill upon art viewers. Hosting artists like Bauer is to encourage art conversations.

MacLellan describes poetic regard as the way you see anything at all, but in this case, it’s how you ponder, contemplate the nature of art. Art has a way of teaching, and poetic regard is finding the truth emanating from it, MacLellan said. This idea provides evidence as to why some of Bauer’s work is precise and some of it’s “sketchy.”

“You don’t want a literal vision. Art is saying something in such a way that you can’t say it in any other way,” MacLellan said.

These alterations to each piece are done so that the viewer gets a deeper sense of the subject or the landscape.

Bauer’s portraits are very realistic, and the lines are soft. And in almost every portrait, the subject nearly makes eye con-



Robert Bauer, Sarah, Oil on wood, 2007, © Robert Bauer, Courtesy of Forum Gallery, New York, NY.

### On display

**Where:** Chapel Art Center, 100 Saint Anselm Way, Manchester

**When:** On display, Feb. 1 through March 16

**Opening reception:** Thursday, Jan. 31, 6–8 p.m.

**“Curating a Conversation”** discussion with artist Robert Bauer and New York poet and critic Elaine Sexton occurs on Wednesday, Feb. 13, at 4:30 p.m.

**Contact:** Visit anselm.edu

tact but just misses it. Art critics suggest that it’s part of his approach, to put distance between the viewer, himself and the subject.

“Seeing works live is really something that I want to impress on people ... especially with visual arts, those that rely on silence and stillness. It’s not overtly stimulating right away,” he said.

You need time to contemplate, ponder the works, to really understand them, he said.

“In a two-dimensional surface, in particular, you need to wait for it to come to you, and that takes time, that takes presence.”

Nashua Area Artist of the month for January.

• **CERAMICS EXHIBIT** with work by artists Eleonora Lecei, Megan Bogonovich, Tim Christensen and Boyan Moskov, at the Hargate Gallery at St. Paul’s School (325 Pleasant St., Concord, 229-4644) through Feb. 2. Call 229-4644.

• **ELIZABETH OBELENUS** shows “Enchanted Encampment” at The Studio, 50 Canal St., Laco-

nia. On view through Feb. 2. Call 455-8008.

• **FRIENDS OF ART DISPLAY** at 1000 Elm St., Manchester, available for viewing through mid-February. Call 645-6762. Created by students from McLaughlin Middle School and the 21st Century Community Learning Center.

• **“MADE FOR EACH OTHER”** exhibit at Studio 550 (550 Elm St., Manchester) until Jan. 31. Functional pottery in pairs and sets.

• **MONDAY NIGHT QUILTERS EXHIBIT** of quilts, wall

hangings, table runners created by 9 local quilters at Epsom Public Library (1606 Dover Road, Epsom) through Jan. 26, 736-9920.

• **NASHUA ARTISTS’ ASSOCIATION EXHIBITS** at Nashua Library, 2 Court St., Nashua, 589-4610, through Feb. Visit nashualibrary.org.

• **ROBERT CLIFFORD** photography exhibit, “Nature’s Theatre,” at the Historic Belknap Mill (25 Beacon St. East, Laco-

nia) through Jan. 28.



**ART LOCAL COLOR**

• **A year of positive street art:** It's been a year since Nashua residents and artists Cecilia Ulibarri and Manny Ramirez combined efforts to create their nonprofit Positive Street Art. They celebrated with an anniversary reception last weekend, on Saturday, Jan. 19, exactly one year after they pitched the idea to the town. Their aim is to encourage the passion for urban arts in a productive way, and to build stronger communities through educational workshops, community events and artistic services. "We're trying to bring the community [together] through art, youth events and adult events," Ulibarri said. "For Nashua, it's a big deal, because there's never really been a huge art connection with the city, and we really just wanted to bring that together by involving everyone." You might have seen their work: the nonprofit recently facilitated the making of a mural at the Boys & Girls Club of Greater Nashua (which was created by teens).

• **Art friends:** Travel a little farther north and there's another group looking to bring more art downtown, this time in Manchester. Friends of Art wants to work with institutions, educators, artists and patrons of the arts to support the installation and preservation of public art. Their first proj-

ect was completed last week: an art display at 1000 Elm St. in Manchester, created by the McLaughlin Middle School and the 21st Century Learning Center, where there's a collection of student paintings with a "New Hampshire" theme. They're still trying to get the group off the ground, but this display is a step in the right direction, said Linda Feinberg, a Friends of Art group member. "I spent eight weeks in Israel last winter, and there was art everywhere. Murals, statues, paintings .... We'd like to see Manchester have more public art," she said.

• **"Love, Lust & Desire:"** No, it's not too early to think about Feb. 14. McGowan Fine Art (10 Hills Ave., Concord) is calling the exhibit that will run Jan. 29 through Feb. 15 a "low-fat alternative for your sweetheart on Valentine's Day." "Love, Lust & Desire" features the works of more than 50 different artists; most pieces are smaller than a sheet of the paper, with prices between \$25 and \$300. Oils, jewelry, pins, photography and sculptures make up this show. There's an opening reception on Friday, Feb. 1, 5-7 p.m. Call 225-2515 or visit [mcgowanfineart.com](http://mcgowanfineart.com). Pictured, "Forget Me Nots," by Amy Brnger. Courtesy photo. — *Kelly Sennott*

## CINDERELLA



The State Ballet Theatre of Russia presents *Cinderella* at the Capitol Center for the Arts, 44 S. Main St., Concord, on Wednesday, Feb. 6, at 7:30 p.m., and Thursday, Feb. 7, at 7:30 p.m. The production, set to Sergei Prokofiev's original score, was produced by Vladimir Vasiliev, former principal dancer and general director of the Bolshoi Theatre. Tickets are \$28-\$58. Visit [ccanh.com](http://ccanh.com), call 225-1111.

- **STACEY LUCAS** or "Veggie Art Girl" shows "Trash to Treasure" at The Studio, 50 Canal St., Laconia, through the holiday season. Call 455-9009 or visit [thestudionh.com](http://thestudionh.com) or [veggieartgirl.com](http://veggieartgirl.com).
- **NEW RETROSPECTIVE WORKS** by Roger Croteau at Hatfield Gallery, 55 S. Commercial St., Manchester, 627-7560. Open Tues., Thurs. and Fri., 9:30 a.m.

Feb. 23 and March 9, at Kimball Jenkins Estate, 266 N. Main St., Concord, 225-3932. Call or visit [kimballjenkins.com](http://kimballjenkins.com). Cost is \$40 for 4 weeks, \$15 for drop-in.

• **INTRODUCTION TO ZENTANGLE** workshop on Sat., Jan. 26, 10 a.m. to noon, at the League of NH Craftsmen's Nashua location (98 Main St., Nashua, 595-8233). Tuition \$20, materials \$10.

### CLASSICAL LISTINGS

#### Concerts

• **JAZZ IN JANUARY** on Fri., Jan. 25, at 7 & 9 p.m., at Concord Community Music School (23

Wall St., Concord). Cabaret-style jazz concert and refreshments. Tickets \$15. Call 228-1196 or visit [ccmusicschool.org](http://ccmusicschool.org).

• **APPLE HILL STRING QUARTET** perform at St. Paul's School's Oates Performing Arts Center/Music Building, Concord, on Fri., Jan. 25, at 7:30 p.m. Admission free. Call 229-4680, visit [sps.edu/keiser](http://sps.edu/keiser).

• **BAROQUE IS BACK** Granite State Symphony Orchestra on Sat., Jan. 26, at 8 p.m., at the City Auditorium, 2 Prince St., Concord. Call 226-4776 or visit [gssso.org](http://gssso.org). Tickets \$10 to \$35.

• **CHRISTOPHER AND ARLENE KIES** perform on Sun., Jan. 27, at 3 p.m., at Woodside Taylor Community (435 Union Ave., Laconia, 524-5600).

• **STEPHANIE HURLEY TRIO** performs jazz favorites at Sharon Arts Exhibition Gallery, 30 Grove St., Peterborough, on Sat., Jan. 26, 7:30-9:30 p.m. Tickets \$12 at the door, parking available. Visit [sharonarts.org](http://sharonarts.org), call 924-7676.

• **AWAKE MY SOUL** Concord Chorale concert by John Rutter with full musical ensemble on Sat., Jan. 26, at 8 p.m., and Sun., Jan. 27, at 3 p.m., at St. John the Evangelist Church, 72 S. Main St., Concord. Tickets \$20 (\$15 for students and seniors). Call 463-5504. Visit [concordchorale.org](http://concordchorale.org).

• **BOSTON BLACK CATHOLIC CHOIR** concert on Sun., Jan. 27, at 3 p.m., at the Cathedral

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## CLASSICAL

# Funny Figaro

Teatro Lirico D'Europa back in Manchester

By Kelly Sennott  
[ksennott@hippopress.com](mailto:ksennott@hippopress.com)

"Figaro! Figaro! Figaro!"

Even those who don't know opera will recognize key works in *Il Barbiere Di Siviglia* (The Barber of Seville), particularly Gioachino Rossini's "Largo al factotum." It's the ultimate tongue-twisting song, and though it comes early in the opera, it's the opera's centerpiece. It's a song that "brings down the house," said Jenny Kelly Lalov of Teatro Lirico D'Europa, the company that will be visiting Manchester on Sunday, Feb. 3, to perform the famous opera.

It's a song that's best heard live, said Faith Wilson, Opera NH executive director.

"Our audience is able to experience highly professional classical live opera. Even though we are living in a high-tech world where opera can be streamed live, there is no substitute for experiencing the in-the-moment performance of these highly talented actors," Wilson said.

Rossini composed *Il Barbiere Di Siviglia* at 24. It was a musicalization of the first of three plays featuring Figaro and his master, written by 18th-century French playwright Pierre Augustin Caron de Beaumarchais. The production takes place in 18th-century Seville: Count Almaviva, a Spanish grandee, arrives dressed as a poor student named Lindoro, in order to woo Rosina, the ward of "pompous Dr. Bartolo." (He wants her to like him for him, not for his money).

Dr. Bartolo, meanwhile, has his own plans to marry her himself. So, Almaviva (Lindoro) enlists the help of Figaro, the barber, in order to win her affections. Interwoven in the production is a wild goose chase, and a drunken soldier disguise, and some of the most famous, rapidly moving music by Rossini.

Kelly Lalov says that it makes for a funny show.

"I believe that what characterizes this show, besides the genius of the music of Rossini, is the humor in the plot," Kelly Lalov said. "How Figaro and Count Almaviva conspire together to trick the old Bartolo so that Rosina can marry Count



Opera NH welcomes Teatro Lirico D'Europa back for *Il Barbiere Di Siviglia*. Courtesy photo.

## Figaro!

**Where:** Palace Theatre, 80 Hanover St., Manchester

**When:** Sunday, Feb. 3, at 2 p.m.

**Admission:** Tickets range from \$20 to \$75

**Contact:** [palacetheatre.org](http://palacetheatre.org), 668-5588, [operanh.org](http://operanh.org)

Almaviva. The opera is full of scenes where Figaro and Count Almaviva make an absolute fool of Bartolo."

English surtitles will be projected onto the stage, so that non-Italian speakers will be able to understand the story.

But the real power is in the music, in the singing.

"Opera singers do need a lot of endurance because they are not singing with microphones. They are trained to know how to project the voice over the orchestra and to breathe in such a way that the voice does not become fatigued from performing," Kelly Lalov said.

The soloists in *Barbiere Di Siviglia* come from all over the world.

*Barbiere Di Siviglia* is the fifth-most frequently performed opera in North America. This production is directed by co-founder of Teatro Lirico D'Europa, Giorgio Lalov, a Bulgarian opera singer.

Opera NH will host Teatro Lirico D'Europa again on Sunday, March 3, for its sequel, *Le Nozze di Figaro*.

of St. Joseph at the corner of Pine and Lowell streets in Manchester. Donation \$10 requested at door. Call 622-6404, ext. 31.

• **FRED BUDA QUINTET** performs at the UNH Johnson Theater, 30 Academic Way, Durham, on Mon., Jan. 28, at 8 p.m. Tickets \$8.

• **JAZZ DEPARTMENT RECITAL** on Tues., Jan. 29, at 7 p.m., at Concord Community Music School (23 Wall St., Con-

cord, 228-1196, [ccmusicsschool.org](http://ccmusicsschool.org)). CCMS jazz students of all ages perform. Free.

• **SANTA CROCE** in concert at Franklin Opera House (316 Central St., Franklin) on Sat., Feb. 2, at 7:30 p.m. Tickets \$14.

• **CHAD R. BOWLES** piano concert at the Bedford Library (3 Meetinghouse Road, Bedford) on Sun., Feb. 3, at 2:30 p.m. Free; seating limited.

• **SANTIAGO RODRIGUEZ** plays on Tues., Feb. 5, at 7 p.m. at Paul Creative Arts Center's Johnson Theatre (30 Academic Way, Durham). Tickets are \$30. Visit [unharts.com](http://unharts.com) or call 862-7222.

• **FANFARE 2013** Symphony NH concert on Fri., Feb. 8, at 5:30 p.m., at the Crowne Plaza (2 Somerset Parkway, Nashua). Tickets \$75. Call 595-9156, visit [symphonynh.org](http://symphonynh.org).



## LISTINGS

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Bedford Village Inn's Ice Bar is back; bluAqua opens in Amherst; a souper event; Weekly chef spotlight; Weekly Dish; Red, White & Green (good bottles for less than \$20); Perishables, From the Pantry, Just Desserts and more.

### Get Listed

From yoga to pilates, cooking to languages to activities for the kids, Hippo's weekly listing offers a rundown of all area events and classes. Get your program listed by sending information to [listings@hippopress.com](mailto:listings@hippopress.com) at least three weeks before the event.

# INSIDE/OUTSIDE

## Hockey roots run deep in Concord

Black Ice tournament celebrates the game's beginnings

By Cory Francer  
[cfrancer@hippopress.com](mailto:cfrancer@hippopress.com)

### 1883 Black Ice Pond Hockey Tournament

**Where:** White Park (Intersection of White and Washington streets in Concord)

**When:** Friday, Jan. 25, 9 a.m. to 8:20 p.m. (fireworks at 7:15 p.m.), Saturday, Jan. 26, 8 a.m. to 7:20 p.m., and Sunday, Jan. 27, 9 a.m. to noon.

By the end of the day, Tim Walsh said, it felt like something out of a book. The sun was setting, and he was outdoors playing the game he loves with his buddies. For someone whose life has revolved so much around hockey in New Hampshire, it was hard to picture a better day.

Walsh's New Hampshire hockey resume includes his current positions as the general manager of TSR Hockey's Concord store and head coach of the Bow High School boys' team. In college, Walsh was a UNH Wildcat, and prior to that, he donned the Concord High School Crimson Tide jersey.

Walsh is currently getting ready for the third annual 1883 Black Ice Pond Hockey Championship at Concord's White Park.

"The biggest thing is that it brings you back to being a kid," he said. "Most people who played hockey, their fondest memories are not the games that they played in. The things you remember are spending a whole day out on the ice. You'd play until it was dark, then get warm by the fire and get up and do the same thing the next day."

Hockey's roots run deep in Concord. The first organized game of hockey played in the United States happened on a pond outside of St. Paul's School, where a couple decades later, Hobey Baker would play and solidify himself as one of the greatest early pioneers of the sport.

Once the puck drops on the first game of the tournament, it will be evident to those in attendance that

pond hockey significantly differs from the game the pros play. Game play is four on four, and there are no goalies. The goals are much smaller targets than usual, wooden boxes on each end of the ice with two one-foot slots to slide the puck into.

Chris Brown, one of the founders of the Black Ice Pond Hockey Association, which runs the three-day tournament, said that in developing Black Ice, the goal was to promote hockey in Concord and help make the outdoor game more accessible.

"Concord had ponds and sheets of ice that were maintained by the city, and over time budgets got cut and those things went by the wayside," he said. "We looked at this as an opportunity to have a great event and partner with the community."

In addition to donations to the Concord Parks and Recreation Department and to Concord Youth Hockey, the Black Ice Pond Hockey Association has provided a liner to the rink at White Park to help keep the ice surface consistent and is working toward funding a new skate house at the park to be used year round.

Though the tournament is only in its third year, Brown said the community has enthusiastically responded to the event. This year,



Players battle for a loose puck at a previous Black Ice tournament. Courtesy photo.



White Park is all about hockey during the Black Ice tournament. Courtesy photo.

there are around 85 teams scheduled to take the ice. The Long Trail Brewery in Vermont has once again distributed its Black Ice Ale to restaurants and bars in the Concord area. Red River Theatres joined in, hosting "Hockey Night in Concord" on Jan. 15 with a showing of *Miracle*.

All of the events surrounding the tournament are a testament to just how deep Concord's love of hockey is, Brown said.

"Back in the day, there were community hockey teams that played semi-professionally around here before you could watch 75

channels," he said. "A lot of the town teams had pretty good draws around here."

Walsh said that around the store, there has been plenty of talk about the tournament, with people coming in to pick up an extra pair of skates before the action begins. Most of the teams are local, coming in from around New Hampshire and Massachusetts, but there are also teams representing New Jersey and one from Miami.

"It gets bigger and bigger and becomes the centerpiece of winter-time in town," he said. 🍷

### CHILDREN & TEENS Events

• **WONDERLE'S BIG TOP CIRCUS EXTRAVAGANZA** at the Jewish Federation of New Hampshire (698 Beech St., Manchester) Sun., Jan. 27, 3-4:30 p.m. One man circus act with balancing acts, juggling and more. Parents are free and kids admission is \$5.  
• **EASY NO-BAKE COOKING** at Nashua Public Library (2 Court St., Nashua) on Tues., Jan. 29, at 4 p.m. For ages 6-10. Each week, create a new healthy food item. Registration is required. Call 589-

4600 or visit [nashualibrary.org](http://nashualibrary.org).

• **LEGO BLOCKS** at Goffstown Public Library (2 High St., Goffstown) Wed., Jan. 30, 3:30-5 p.m. Drop-in to the library for a LEGO building session. Call 497-2102 or visit [goftownlibrary.com](http://goftownlibrary.com).

• **GROUNDHOG DAY CELEBRATION** at the Beaver Brook Association (117 Ridge Road, Hollis) Sat., Feb. 2, 10 a.m.-noon. Event will feature a wildlife themed puppet show and nature hikes. To register, call 465-7787. Visit [beaverbrook.org](http://beaverbrook.org).

• **VALENTINE'S DAY CARD CRAFT** at the Hollis Social

Library (2 Monument Square, Hollis) Wed., Feb. 13, at 4 p.m. For grades, 3-6, craft Valentine's Day cards for the holiday. Registration is required. Call 465-7721 or visit [hollislibrary.org](http://hollislibrary.org).

• **VALENTINE TEA PARTY** at the Hollis Social Library (2 Monument Square, Hollis) Fri., Feb. 15, at 11:45 a.m. For ages 2-5, come for snacks, juice and a goodie bag. Registration is required. Call 465-7721 or visit [hollislibrary.org](http://hollislibrary.org).

• **BEGINNER KNITTING** at Nashua Public Library (2 Court St., Nashua) on Tues., Feb. 5,

Feb. 12 and Feb. 19, at 4 p.m. For ages 8 to 12, learn the fundamentals of knitting. Bring size 11 needles or larger and a skein of Lion Brand Woolease Thick and Quick yarn. Registration is required. Call 589-4600 or visit [tinyurl.com/nplkid](http://tinyurl.com/nplkid).

### Teen/tween events

• **TEEN VIDEO CHALLENGE** at Goffstown Public Library (2 High St., Goffstown). Join this national competition by filming a 30- to 90-second video that promotes the summer reading program and the theme of "Beneath

the Surface." A winner is chosen from each state and can win \$275 and \$125 for the library. Call 497-2102.

• **TEEN BOARD** at the Concord Public Library (45 Green St., Concord) Wed., Jan. 30, at 4:30 p.m. Visit the library and discuss how you think it can serve the area's teens better. Call 225-8670 or visit [onconcord.com/library](http://onconcord.com/library).

• **OPEN MIKE NIGHT** at Nashua Public Library (2 Court St., Nashua) Fri., Jan. 25, at 7 p.m. Bring any style of act to perform at the library. Call 589-4600 or register at [tinyurl.com/nplteen](http://tinyurl.com/nplteen).



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## INSIDE/OUTSIDE KIDDIE POOL

### Science and nature

It's the first Rocketeers session of the year at the McAuliffe-Shepard Discovery Center (2 Institute Drive, Concord). Head to the center on Saturday, Jan. 26, from 9 a.m. to noon for a **rocket building** session with rocket expert Phil Chouinard. Admission is \$25 and each participant will build and launch a 12-inch rocket. For ages 8 and older. Call 271-7827 or visit starhop.com.

Three different **family workshops** are available this weekend at SEE Science Center (200 Bedford St., Manchester). Stop in on Saturday, Jan. 26, from 11 a.m. to noon or Sunday, Jan. 27, from 2 to 3 p.m., and try out three chemical reaction experiments, "Potion Commotion," "Copper Cleanup" and "Tempest in a Teacup." Admission is \$8. Call 669-0400 or visit see-sciencecenter.org.

Get out of the cold for Saturday Winter Specials at Amoskeag Fishways (4 Fletcher St., Manchester). Every Saturday during the winter, stop by the Fishways from 9 a.m. to 4 p.m., for a **free craft activity**. Each week will have a different theme. Call 626-3474 or visit amoskeagfishways.org.

Get up close to snakes, lizards, geckos, iguanas and more at the **New England Reptile Expo**. On Sunday, Jan. 27, from 10 a.m. to 4 p.m., the Radisson Hotel (700 Elm St., Manchester) will host the scaly expo. Admission is \$8 for adults, \$4 for ages 7 to 12 and free for children younger than 7. Visit reptileexpo.com/nefirst.htm.

### Library activities

The Merrimack Public Library (470 DW Highway, Merrimack) is hosting a **mid-winter book sale** to help keep your reading options fresh during the cold months. Visit the library on Saturday, Jan. 26, from 9 a.m. to 2 p.m., and find books from \$.25 to \$1. On Sunday, Jan. 27, head back to the library from 1 to 3 p.m., and pick up some

• **TEEN COOKING CLUB** at Derry Public Library (64 E. Broadway, Derry) on Thurs., Jan. 31, Feb. 14 and Feb. 28, 3-4:30 p.m. Learn to cook a variety of different foods. Call 432-6140.

**Dance Crew**, will lead a class for ages 10-13 from 12:30 to 1:30 p.m., and for ages 14-adult from 2 to 3:30 p.m. Call 898-9220 or visit endancecenter.com.

### DANCE

• **SACRED CIRCLE DANCE** at the Portsmouth Center for Yoga/Arts (95 Albany St., #14, Portsmouth) Fri., Jan. 25, 7-8:30 p.m. For all ages and ability levels, learn about this multi-cultural folk dance. Admission is \$5. Call 664-2796 email amyla44@junio.com or visit portsmouthyoga.com/vlt6082.htm.

• **HIP-HOP MASTER CLASS** at the Carlene Nazarian Dance Studio (26 Keewaydin Drive, Unit J, Salem) Sun., Jan. 27. Christopher DiNicola, who has appeared on *America's Best*

### HEALTH & WELLNESS

**Workshops, seminars & events**

• **LIGHTEN UP NASHUA KICK OFF EVENT** at St. Joseph Hospital (172 Kinsley St., Nashua) Thurs., Jan. 24, 3-7 p.m. Learn about the free online, community weight loss program offered through the hospital. Register for the next session, which runs from Mon., Jan. 28-Fri., May 17. Visit lightenupnashua.com.

• **DIRECT ANTERIOR HIP REPLACEMENT SURGERY** at the Nutfield Professional Building (44 Birch St., Suite 203,

new books for \$2 to \$5 per bag. Call 424-5021 or visit merrimack.lib.nh.us.

Get ready for some snowy action at this drop-in program at the Rodgers Memorial Library (194 Derry Road, Hudson). "Snow Day" is scheduled for Friday, Jan. 25, from 2 to 3 p.m. Get the fun started by **building a snowman**, then head inside for hot chocolate and cookies. Call 886-6030 or visit rogerslibrary.org.

Can elephants, pigs and birds be friends? Sure, why not? Head to the Derry Public Library (64 E. Broadway, Derry) on Saturday, Jan. 26, from 11 a.m. to noon, for **"Elephant and Piggie go Birdwatching."** Elephant and Piggie will star in the children's story *There's a Bird on Your Head*. Then, run in a bird-on-your-head race and make a craft to take home. For ages 5 to 9. Call 432-6140 or visit derrypl.org.

### See a show

Casey Carle proves that making soap bubbles goes far beyond a plastic wand in a jar. The bubble artist will bring his funny, musical and soapy show **Bubblemania** to the Capitol Center for the Arts (44 S. Main St., Concord) on Sunday, Jan. 27, at 1 p.m. and 4 p.m. Tickets are \$20. Call 225-1111 or visit ccanh.com.

### Old-school gaming

It's important for kids to learn about history, right? Tell the kids to put down the Xbox controller and bring them on a trip down memory lane at the **Pinball Wizard Arcade** (150 Bridge St., Pelham). Rows of pinball games, vintage arcade games, air hockey and skeeball pack the arcade for a day of noise, blinking lights and 2-D action. Pinball Wizard's weekend hours are Friday and Saturday from 10 a.m. to 11 p.m. Call 635-1677 or visit pinballwizardarcade.com.

Derry) Thurs., Jan. 24, 6-7 p.m. Learn from Dr. Kathleen Hogan, an orthopedic surgeon at the New Hampshire Orthopedic Center about the benefits of this surgery. Admission is free. Call 1-877-642-2362 or visit parklandmedicalcenter.com/calendar to register.

• **ADVANCE DIRECTIVE EDUCATION NIGHT** at Dartmouth-Hitchcock Nashua (2300 Southwood Drive, Nashua) Thurs., Jan. 24, 6-8 p.m. Medical director Dr. Sanders Burstein provide information on planning an advance directive or living will. Admission is free. Register by calling 577-4000.

• **MEDITATION WORKSHOP** at YogaBalance (135 Hooksett Road, Manchester) Sat., Jan. 26, at 1:30 p.m. Learn meditation techniques and how to make it a more comfortable experience.

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## INSIDE/OUTSIDE TREASURE HUNT

Dear Donna,

I have two questions for you. One is, do you know the age of these old shoes? And two, would you possibly be able to sell them for me if they have any value? I am not sure if you do anything like this, but they are of no use to me and I don't really even know where my mom got them.

I know they are old but that's about it.

Sandy

Barnstead



I would say the value on your boots is somewhere in the \$80 range. I also think we can help you find a home for them. Note that these high top boots would also look great filled with Ziploc bags with sand for a doorstep.

Donna Welch has spent more than 20 years in the antiques and collectibles field and owns From Out Of The Woods Antique Center in Goffstown ([www.fromoutofthewoodsantiques.com](http://www.fromoutofthewoodsantiques.com)). She is an antiques appraiser, an instructor and a licensed auctioneer. To find out about your antique or collectible, send a clear photo of the object and information about it to Donna Welch, From Out Of The Woods Antique Center, 465 Mast Road, Goffstown, N.H., 03045. Or email her at [footwdw@aol.com](mailto:footwdw@aol.com). Or drop by the shop (call first, 624-8668).



Admission is \$50. Call 625-4000 or email [mail@yogabalance.info](mailto:mail@yogabalance.info).  
**• YOUR INTUITIVE LIFE MAKEOVER** at the Holistic Self Care Center (12 Murphy Drive, Nashua) Thurs., Jan. 31, 6:30-7:30 p.m. Learn from Anne Deidre, the Intuitive Millionaire Coach, how to calm anxieties and help achieve your dreams. Admission is free. Call 883-1490, email [info@thehscenter.com](mailto:info@thehscenter.com) or visit the [hscenter.com](http://hscenter.com).

### MARKETING & BUSINESS

#### Networking

**• BREAKFAST WITH THE BEST** at the Radisson Hotel (700 Elm St., Manchester) Wed., Feb. 13, 7:30-9:30 a.m. Join representatives from Business NH Magazine's best companies to work for a panel on a variety of business topics. Cost is \$35. Call 626-6354 or visit [eventsnh.com](http://eventsnh.com).

#### Trade Shows & Forums

**• NH INDUSTRY FORECAST** at SERESC Conference Center (29 Commerce Drive, Bedford) Thurs., Jan. 24, 7:30-9:30 a.m. Presented by Business NH Magazine. Learn about business-related issues facing New Hampshire. Admission is \$30 and tickets are available at [eventsnh.com](http://eventsnh.com).  
**• STATE OF THE CITY** at The Holiday Inn (172 N. Main St.,

Concord) Tues., Feb. 5, 11:45 a.m.-1 p.m. Mayor Jim Bouley and city manager Tom Aspell will lead the luncheon. Hosted by the Greater Concord Chamber of Commerce. Admission is \$35. Visit [concordnhchamber.com](http://concordnhchamber.com).

#### Workshops

**• TECH FAIR AND WORKSHOPS OFFER** at the St. Paul Lutheran Education Center (3 Craftsmen Lane, Amherst) Thurs., Jan. 24, 8:30-11:30 a.m. View the latest technology for the workplace and participate in nine technological workshops. Admission is \$10; reservations recommended. Call 673-4360 or email [may@souhegan.net](mailto:may@souhegan.net).

**• DO YOU NEED AN ENGAGED WORKFORCE?** at the Concord Hospital Center for Health Promotion (49 S. Main St., Suite 201, Concord) Wed., Feb. 13, 7:45-8:50 a.m. Connie Roy-Czyzowski, vice president of human resources at Northeast Delta Dental, will discuss the importance of meaningful work. Admission is free; registration recommended. Call 230-7300.

### MISCELLANEOUS Fundraisers

**• JANUARY JAUNT FOR JAYME'S FUND** at 22 Farley Road, Hollis on Sun., Jan. 27, 9 a.m.-1 p.m. Raise a minimum of

\$100 to support Jayme's Fund, a local organization promoting human rights for children, then go on a snowshoe hike along trails. Visit [jaymesfund.org](http://jaymesfund.org).

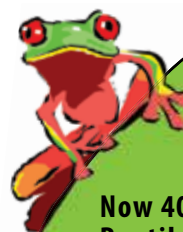
**• BEER AND BIKES** at Milly's Tavern (500 Commercial St., Manchester) Wed., Jan. 30, 5:30-7:30 p.m. The event will feature an information session for Cycle the Seacoast, a fundraising bike ride for the American Lung Association on Sun., May 5. Admission is free, but registration is requested. Call 410-5107, email [cycletheseacoast@lungne.org](mailto:cycletheseacoast@lungne.org) or visit [biketreknengland.org](http://biketreknengland.org).

#### Expos/festivals/fairs

**• NH FARM AND FOREST EXPO** at the Radisson Hotel (700 Elm St., Manchester) Fri., Feb. 8, 9 a.m.-5 p.m., and Sat., Feb. 9, 9 a.m.-4 p.m. Educational sessions, kids' games and more will help celebrate all things farming in New Hampshire. Admission is \$7 and children 15 and younger are free. [nhfarmandforestexpo.org](http://nhfarmandforestexpo.org).

#### Other

**• THREE STEPS TO DISASTER PREPAREDNESS** at the Pembroke Town Library (313 Pembroke St.) Wed., Jan. 30, at 6:30 p.m. Learn how to protect yourself and your home from natural disasters. Free. 485-7851 or [pembroke-nh.com/library.asp](http://pembroke-nh.com/library.asp).



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# Tulips keep the gloom away

Make them last longer with pennies

By Henry Homeyer  
listings@hippopress.com

Winter is here and our flower gardens are, for the moment, just memories. But potted tulips in reds, purples and yellows are available at florist shops and grocery stores to brighten our spirits. For about \$10, you can have a few tulips in a 6-inch pot. If you keep them lightly watered and not too hot, they should last for at least a week.

On a recent rainy, slushy day I dug out a book on tulips that I'd been given years ago and never read, *The Tulip* by Anna Pavord. The book has a nice summary of the kinds of tulips available: there are 15 "divisions" or groups of tulips, including the simple ones akin to the wild varieties originally from Persia or the East. It also has 50 pages of description of the common named varieties. This is truly a book for tulip-obsessive gardeners, and I admit I skipped over long sections of it. At 438 pages it would be a challenge for all but the most avid tulip lover to read in its entirety.

As I read through the descriptions of the divisions of tulips, I realized that I have at least tried growing a few of each kind

at some point in the past 30 years. I have settled into growing the tallest, most dramatic ones and treating them as annuals. My favorite is a creamy colored one called Maureen. I've read that it is a tetraploid, meaning that it has been somehow manipulated to have twice the number of genes as normal, so it grows bigger than most — 28 to 32 inches tall. This is not a GMO (genetically modified organism), but a hybrid developed in the 1950s.

In my experience tulips run downhill with time: if I plant 100 bulbs in a cluster, as I like to, I expect to get 90 or more blossoms, come spring. But the second year I might get just 50, and half that the following year. So I re-plant in the same bed each year, and don't worry about past year's bulbs. After bloom season, I grow annual cutting flowers in that same bed, mainly zinnias.

Of the shorter tulips, I've found that the division called Kaufmanniana is very pleasing. These are short, stocky red tulips that are much more perennial than the big ones. The division called Greigii is another low, simple group. Those that I grew were yellow with stripes, and lasted several years

before they disappeared. Tulip bulbs are attractive and tasty to rodents of all kinds and the stems and flowers have been providing lunch for deer forever.

My gardening grandfather, John Lenat (1885-1968), was a very friendly character, who spoke to everyone he met — in the line at the grocery store, at the bank or walking down the road. Along with a love for flowers and tomatoes, I inherited that — to my advantage. Many years ago I was standing in line at the local food co-op and, as Grampy would have done, I struck up a conversation with a woman who had selected some freshly cut tulips to buy.

That woman in line taught me a great trick. She explained that tulips can be persuaded to stay in bud rather than opening up (and soon dropping their petals) by dropping three pennies in the vase of water. Actually, this woman was someone who remembered WWII when, in 1943, pennies were made of steel and clad with zinc. So she said, "Drop three *copper* pennies in the vase." Since I collected pennies as a boy, I knew about the zinc penny. But anyhow, I tried it, and it works! I don't know what the copper does, but I've had tulips stay in bud



Maureen and other tulips with Daphne the Dog. Henry Homeyer photo.

for a week or more in the vase until they finally dropped their petals all at once.

Whether you are enjoying cut tulips or live tulips growing in a pot, keeping them cool always prolongs their bloom time. If you keep your house at 70 degrees, try to find a cooler location for them.

Each fall I plant tulips in containers and store them in a cool dark place. Around the first of March I bring the tulips up to the warmth of the house and they soon blossom — long before my outdoor tulips. 🌷

Henry Homeyer can be reached at PO Box 364, Cornish Flat, NH 03746 or online at [henry.homeyer@comcast.net](mailto:henry.homeyer@comcast.net). His web-site is [www.henryhomeyer.com](http://www.henryhomeyer.com).

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# Honesty is always the best policy



Dear Tom and Ray:  
Although I like to do my own repairs whenever I can, I don't know enough about cars to make a reliable diagnosis. Is it ethical for me to use commercial shop mechanics to make the diagnosis and then use that information to do the repair myself? Am I hurting their livelihood by giving them the implied promise of a potential repair job to get a thorough diagnosis, while knowing full well that I will not give them the business? — Khai

TOM: Well, I don't think it's ethically confusing, Khai. It's unethical. And not very nice.

RAY: Most shops fold the cost of diagnosis into their posted repair rates. So if you're paying \$75 an hour for repair work, that covers the time spent figuring out what's wrong with the car.

TOM: Which means that if you sim-

ply go in and ask for an estimate (which requires a diagnosis) with little or no intention of having the repair done by that shop, you are taking advantage of them and asking them to work for free. ... You're hardly alone in doing this, Khai. We have people ask us to look at their car, then make some excuse about not having time or not having the money right now (which is sometimes true). Then they shop the job around to see if someone else will do it cheaper.

RAY: We also have people who call the shop to ask for an estimate on a specific job (so specific that we know they're reading it off of someone else's estimate). And since they've asked us for a price, we have to call to get parts prices and figure out how much labor will be involved, which is time-consuming.

TOM: So this kind of thing is done, Khai. But that doesn't make it nice. The ethical thing to do is to be honest with the shop, and then pay them for their time.

RAY: If you know that something is wrong with your brakes but you don't know exactly what, let the shop know that you're hoping to do the repair yourself, but you'd like to pay them to do the diagnosis.

TOM: Then pay them their regular rate for the time and expertise they put into fig-

uring it out for you.

RAY: Similarly, if you're looking to check up on another shop's estimate, be honest. That's what we'd prefer. Say that you just got a diagnosis and an estimate from another shop, and you were hoping to find out if it seems like it's in the right ballpark.

Dear Tom and Ray:  
I have a '93 Toyota pickup with a six-cylinder engine. I live at 6,000 feet, and when I'm there, my truck runs fine. But when I go down to sea level, the truck is very hard to start. It cranks but has a hard time turning over, then when it does finally turn, it runs roughly until I get the truck on the road and the RPMs are up. Then it runs fine. Right now I'm staying at a friend's house that is at about 1,000 feet elevation. I can start the truck fine up here, but as soon as I go down to sea level, it becomes very hard to start, whether the engine is hot or cold. The elevation is the only variable. Any ideas? — Celina

TOM: Well, first you have to tell us how long the "Check Engine" light has been on, Celina. Then we'll decide how many yards to penalize you for "withholding information."

RAY: Problems like this rarely occur without the computer setting a Check Engine code. So if your light IS on, you need to have the vehicle scanned for trouble codes. That'll usually help pinpoint the source of the problem.

TOM: If the Check Engine light isn't on yet, perhaps because you spend limited time at sea level, where the problem occurs, then you may have what's called a "pending code." That means the computer has detected a problem but it hasn't happened with enough regularity to set the Check Engine light yet.

RAY: But a scan still will tell you if there's a pending code stored. So next time you're at sea level, while you're experiencing this problem, take the truck to someone and have it scanned.

TOM: My first guess would be that you have something like a faulty air-flow meter. But we don't have to guess. Your car's engine management computer knows what's wrong. Ask it.

Got a question about cars? Email them by visiting the Car Talk website at [www.cartalk.com](http://www.cartalk.com).

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# Imagine relaxation

Techniques to channel your inner tranquility

By Cory Francer  
cfrancer@hippopress.com

Close your eyes and imagine you're stuck in a traffic jam. Horns are blaring, tempers are flaring as vehicles swerve in and out of lanes. Every time you think you're going to get moving again, you jam on your brakes. Are you stressed yet?

Well, forget all that. Now you're on the beach, listening to the waves crash in, feeling the sand below your feet and the sun beaming down from above. Or, maybe you're walking through a pristine forest or carving down a freshly groomed ski slope. Now, isn't that better?

Using the mind to manifest calming images can be an effective way to reduce stress and even help a patient through times of chronic pain, Keliann Totten, the community benefit director for the Concord Regional Visiting Nurse Association, said. Using contrasting images like these, the VNA has developed "A Picture Worth 1,000 Words: Relaxation Techniques Using Your Mind," a program that introduces guided imagery as a way to help cope with life's challenges.

"People can use it in all different ways to help manage their health," Totten said. "If they are going through a time when they have chronic pain, it can improve their quality of life for that period of time."

Totten said that the free program is making its way to locations throughout the area the VNA serves and will stop at the Hooksett Public Library on Tuesday, Jan. 29, at 10 a.m.

In addition to guided imagery helping patients dealing with pain, Totten said the technique can be helpful in reducing stress and anxiety levels. Having a photograph of something soothing nearby can be a way to make a quick mental escape from a stressful situation.

Another popular implementation of using imagery as a form of relaxation is with people who have trouble sleeping. Getting to sleep can be a challenge when there are countless thoughts running through the mind, Totten said, and this method can be a good way to clear the head and drift off.

"When people are practicing it at home, it's a good time and place when you can focus only on that activity and let it sort of take over," Totten said.

While imagery is at the core of the program, Totten said other senses can be incorporated as well. Many people find that sound can be especially relaxing and can be a good way to help manifest an image in the mind. Or, when visualizing a comfortable place, imagining the smells it invokes



The program uses this beach image to help calm the mind. Courtesy photo.



Forest images can help relax you. Courtesy photo.

## A Picture Worth 1,000 Words: Relaxation Techniques Using Your Mind

**When:** Tuesday, Jan. 29, 10-11 a.m.  
**Where:** Hooksett Library (31 Mount Saint Mary's Way, Hooksett)  
**Cost:** Free  
**Contact:** 485-6092 or visit [hooksettlibrary.org](http://hooksettlibrary.org).

can also be relaxing.

"Some people find it beneficial to use calm soothing music along with the images," Totten said. "Or you can use nature sounds as well without any picture."

Totten said this program in particular is a good introduction to the technique. While some people may be apprehensive about a pain relief method without the use of medicine, she said this program provides an easy way for people to test their comfort level with the practice.

"This program in particular is a great introduction to what the benefits are and what it can do," she said. "You don't have to be into yoga or acupuncture. It's a good starting place, and it's practical." 🍷

# Celebrate

## Wine Week 2013 in New Hampshire

Meet Wine Experts and enjoy some amazing wines

Featured events: January 21st - 27th

### CELEBRITY BARTENDERS

January 23rd, 6-8 pm



Meet **Joe Carr of Joseph Carr Winery** and **Josh Cellars**, at **Napa East**. Special wine flights and features in the bar and wine shop. No charge, but reservations highly recommended. Call **(603) 595-9463** for more information.

### WINE DINNER January 23rd, 6 pm

#### COPPER DOOR

Meet **Joel Gott**, founder and winemaker from **Joel Gott Wines**.

Tickets are \$65.00 per person, plus tax and gratuity. To order tickets or for more information call **(603) 488-2677** or visit [copperdoorrestaurant.com](http://copperdoorrestaurant.com).

### Mint BISTRO

Meet **Yoav Gilat**, founder of **Cannonball Winery** and importer of **Astrolabe Wines**, at **Mint Bistro**. Special wine flights and features in the bar. No charge, but reservations highly recommended. Call **(603) 625-MINT (6468)** for more information or online at [reservations@mintbistroh.com](mailto:reservations@mintbistroh.com).



Meet **Serge Doré**, founder and owner of **Serge Doré Selections**, at **Hanover Street Chophouse**.

Special wine flights and features in the bar. No charge, but reservations highly recommended. Call **(603) 644-2467 (CHOP)** for more information.

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## Weekly Dish

Notes from the local food scene

By Luke Steere  
lsteere@hippopress.com

• **Wedding bliss:** Brookstone Event Center (14 Rte. 111, Derry, 328-9255) is holding a wedding showcase from 6 to 9 p.m. on Monday, Jan. 28. Admission is free, and there will be several vendors on hand to talk planning a ceremony, reception or bachelor or bachelorette party, including the catering staff from Brookstone. Call for details or register at [brookstone-park.com](http://brookstone-park.com).

• **Beer and bragging rights:** The Barley House (132 North Main St., Concord, 228-6363) Trivia Tournament is back, and teams of one to six people are encouraged to come out for the 2013 season. Each Wednesday at 8 p.m. compete for trivial supremacy and a grand prize while entering for monthly raffles. The tournament ends on Wednesday, Mar. 27, where the winner — selected by the best 10 out of the 12 weeks — will be crowned. Restaurant hours: Monday through Saturday, 11 to 1 a.m.

• **Beer times 48:** A new restaurant and pub called New England's Tap House Grille (1292 Hooksett Road, Hooksett, 782-5137) opened Sunday, Jan. 6. Their bar is loaded with craft beers, from brewing companies large and small; 48 of them in total. Their menu is big on pub food with shades of fusion, PEI curry mussels, Cambodian barbecue half chicken, and Spanish paella, and New American cuisines, Onion Loaf appetizer, Mojo Brined Cowboy pork chop and the Raisin' Cain burger, with a peppercorn crust-ed patty, Southwest chipotle, ranch, jalapenos, garlic mayo and more fixings. They're open Sundays 11 a.m. to 10 p.m.; Tuesday through Thursday 11 a.m. to 11 p.m.; and Friday and Saturday 11 to 1 a.m. Visit [taphousenh.com](http://taphousenh.com).

• **White Birch Brewing looks ahead:** If you've seen the White Birch Brewing NH Cask and Ale Fest mentioned on the internet, sorry, the official word is it has been canceled for 2013. According to Marketing Director Brian Parda, the recent move and uptick in production have been the focus recently, so they're holding off until next year. White Birch's 2013 hours are Thursday and Friday, noon to 7 p.m. and Saturday noon to 5 p.m. See [whitebirchbrewing.com](http://whitebirchbrewing.com).

• **Mead, too:** Zampa (8 Exeter Road, Epping) is throwing a party for mead and it's renaissance that is sweeping the craft brewing industry. They're hosting Sap House MEadery of Ossipee for a four course dinner with locally grown food. Mead, an alcoholic beverage 58 ▶

# FOOD

## Drinks on ice

### Sharks and mermaids featured at Bedford Village Inn's Ice Bar

By Luke Steere  
lsteere@hippopress.com

The perfect cure for cabin fever? Cocktails, sharks and 50,000 pounds of ice.

Yes, sharks. For Bedford Village Inn's third annual Ice Bar, General Manager Jon Carnevale said he got a little selfish.

"I am a huge fan of Shark Week. Sharks are neat ... when you're not swimming right next to them. We've incorporated that element to make it a little more dramatic," he said.

So shark ice sculptures it is, along with mermaids and other sea creatures, and an ice replica of event sponsor Svedka Vodka's mascot, a fembot. Behind the three ice bars, Svedka's vodka will be flowing.

From Tuesday, Jan. 29, through Saturday, Feb. 2, guests are admitted to the outdoor Ice Bar for a \$5 cover and can then purchase tokens for drinks and food. Alongside Svedka, Tuckerman's Brewing Company will offer some new beer selections.

"This is just a fun thing that is something completely different than what we normally do. People come and get out of the house, into the cold, and it actually takes their minds off of the grueling winter," Carnevale said.

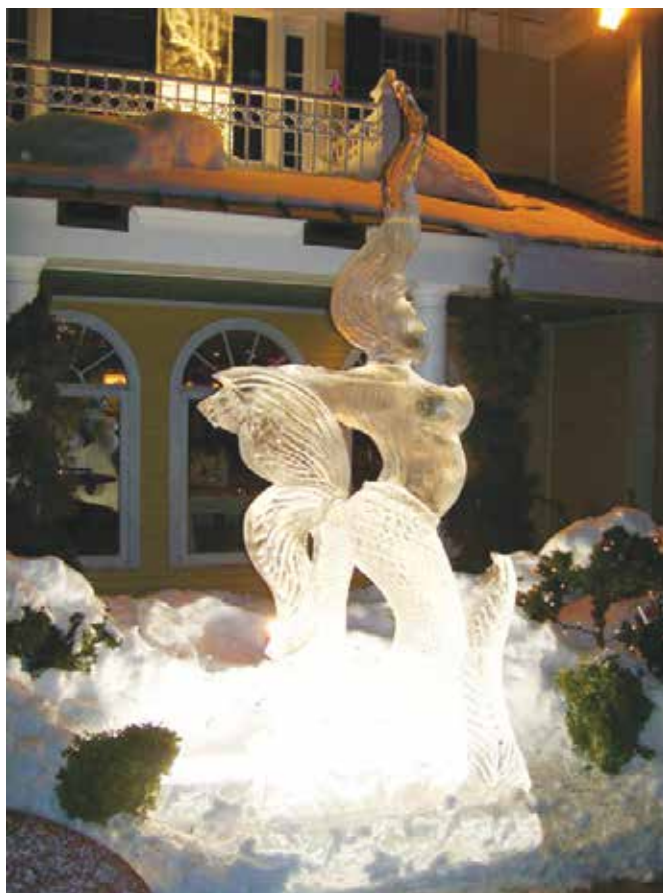
Attendance and the net ice weight (2011, 10,000 pounds; 2012, 30,000 pounds) have both grown during the three year's of the event and they continue to draw big names in vodka, last year's sponsor was Stolichnaya.

Despite the other offerings — hearty white and red wines, seasonal Tuckerman's beer and hot coffee and cocoa drinks — the harder stuff always sells more. Between the chill in the air and on the bar, Carnevale said, icy drinks won't be hard to come by. Martinis and other classic mixed drinks will be available, and some inspired cocktails will be drawn from Svedka's portfolio and handled by master mixologists.

Chef Benjamin Knack called it the "BVI Ice Olympics" and



Scenes from the BVI Ice Bar 2012. Courtesy photos.



### 2013 Svedka Ice Bar at the Bedford Village Inn

**Where:** 2 Olde Bedford Way, Bedford, 472-2001

**When:** Tues., Jan. 29, through Saturday, Feb. 2, 5-10 p.m.

**Cost:** \$5 cover, plus food and drinks

[www.bedfordvillageinn.com](http://www.bedfordvillageinn.com)

lauded the ice sculptors who decorate the area. Knack has been preparing a "Chillin' Grillin'" menu for the event.

"Usually food's hot, so grilling goes good with the cold, but it's more about the experience," he said. "The menu will be almost like our Tavern offerings, only taken outside."

Barbecue fare, like sausage and peppers, buffalo wing wraps

and chicken, will be prepared and served from a live cooking station on the patio. Working with Tuckerman's beer, Knack says he'll also be simmering up a cheddar ale soup.

"Everything needs to complement the experience the atmosphere provides. It's all about hanging out with friends in a unique place," he said.

The bar includes a color light

show, and there will be music throughout the event. A free shuttle will run from BVI to the Bedford Community Church.

"It's always a nice time. Everybody gets together, and you can almost smell the release on people having fun in the outdoors," Carnevale said. "It's gonna be a good one this year, that's for sure. It's really gonna pop." ❄️



# Ahoy, bluAqua

Amherst's new restaurant making waves

By Luke Steere  
lsteere@hippopress.com

If you've never eaten pork belly lollipops in a mini-aquarium, well, now you can.

Despite its name and the 300-gallon fish tank behind its bar, bluAqua Chef Chris Noble doesn't want it to be pigeonholed as a seafood restaurant. So while the atmosphere is oceanic, the menu brings a jolt of New American cuisine into the small space in Amherst's Salzburg Square.

"I'd put our seafood up against anybody, but we are not a seafood restaurant. Our menu offers a lot of other different foods," Noble said.

Enter the pork belly lollipops (\$7), an appetizer of three cuts of pork belly skewered on decorative picks and drizzled with a cherry gastrique demi glace. They're one of nine starter selections on the bluAqua menu, including a lobster ravioli vin blanc (\$12), which is handmade each day with a meticulously dressed Maine lobster and served in a white wine butter sauce. And then there's the tuna tartare nacho (\$12).

"A number of our dishes are deconstructed. The tuna is brought in from Hawaii and served with a soy glaze, wasabi cream, infused chili oil and infused cilantro oil with a side of wonton chips," Noble said, noting that the dish's name "is a way to draw people in — it sounds funny and marries two comfort foods."

Ditto for the braised short ribs shepherd's pie (\$25), a dish he said came to him "in a dream" and is a kind of deconstructed, home-style dish with mashed potato, creamed corn and green beans. For even more comfort and wow, the burger fondue (\$15) is constructed as a sandwich featuring char-grilled Black Angus beef with caramelized onions, smoked bacon, sharp cheddar fondue and a fried egg.

For drinks, bluAqua's signature martini is just one on a long list that also features 16 bottled varieties of beer. Six are from New England, and Noble and General Manager Scott Forrester are planning a Berkshire Brewing Company dinner in the near future. Noble, who said he was a big coffee drinker, selected a bean and collaborated with Amherst's A&E Coffee Roastery to make a special bluAqua blend.

Having just opened a month ago, the pair is still building a permanent lunch menu that should be out in the next few weeks and will include sandwiches, salads and soups. One of those will probably be the current menu's Noble Gumbo (\$7), the chef's homage to his hometown, and possibly their scallop and lobster bisque (\$7).

"[My gumbo is] reinvented; it has no



Manager Scott Forrester, left, stands with Chef Chris Noble at bluAqua. Luke Steere photo.

## bluAqua

292 NH Rte. 101, Salzburg Square  
Amherst, 673-4321  
bluquarestaurant.com

okra in it. Okra has a sort of slime that leaves an unpleasant taste in your mouth, so I changed it up," Noble said.

There is little else New Orleans-style on the menu; Noble was trained as a classic French chef and sticks to that when working professionally. Forrester as well, who grew up in New Hampshire and last worked in food service in Washington, D.C.

"We had been throwing around different ideas, and we we're thinking about Vegas and other cities that are culinary metropolises; they're mesmerizing," Forrester said.

With that in mind, they decided to introduce that feel to Amherst, a rather sleepy town when compared to the City that Never Sleeps or Sin City or the Windy City especially, but perfect for them.

"We love knowing all the people around here; we're starting to see that they are excited to see their neighbors here and excited to be seen here. It's a destination," he said.

Its small capacity means they can offer better services, Forrester said, which their waiters do on iPads that send orders directly into the kitchen, streamlining any special dietary requests. The tech is all part of a contemporary feel with clean, sharp edges, classic looking black tables, and "wave walls," as they're referred to by Forrester, made of recycled sugar cane stalk.

One wall of the dining room features sliding glass doors leading either to a seasonal patio or the bar. Neutral-colored poured concrete tops the bar, which is wrapped with a nautical-looking metal. Along the bar runs what Forrester calls "sweetheart seating," small tables for two along a plush black booth facing the fish tank, where a lionfish, a Green Bird Wrasse and at least one exotic looking eel will be swimming soon. 🐠



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**FOOD**

## Souper event

Hot soups in beautiful bowls

By Luke Steere  
lsteere@hippopress.com

Goodwill, gorgeous pottery and hot soup make the annual Potter's Bowl a much-anticipated mid-winter event featuring steaming soup from restaurants like Sabatinos and Promises to Keep.

Event host John Oudheusden, owner of Promises to Keep (199 Rockingham Road, Derry), says soup on a winter's day is always a good thing, but getting to take home a unique, locally made piece of dinnerware makes the event even better. More still, proceeds from the event go to benefit the Community Caregivers of Derry.

This ninth Potter's Bowl is one of Community Caregivers annual fundraisers; it raises several thousand dollars to support their mission of serving senior and disabled residents of Derry and surrounding towns.

Scheduled for Friday, Feb. 1, at 5 p.m., the event has settled in at Promises to Keep because of its size: as the Potter's Bowl continues to attract more artists and restaurants, the amount of soup and bowls keeps growing.

"This year we're doing a sweet potato soup," Oudheusden said. "We were approached about doing the event a while back and always felt the Caregivers were a very worthy organization. Even offering up our banquet facility is not a huge donation on our part, and we're happy to do whatever we can."

Given the weather in February, the fundraiser has proven popular and often sells out fast. It's also a social event, added Oudheusden, where people mingle over the food and talk about the bowls with various artists. Local restaurants including T-Bones, Sabatinos, Amphora, The Common Man, The Kitchen and Steve-N-James Tavern have long been involved.

"We have a popular chicken tortilla soup that we donate. We're always looking to get involved and do good things in the community, and always try to help out the most charities we can each year, especially locally, in Derry, because that's where our customer base comes from," Eddie Leon, manager at La Caretta said.

To complement the soup, The Blackberry Bakery, Jamie's Sweet Temptations, Panera and local grocery stores donate bread and pastries.

Artists from all over the state donate bowls for the soup, some crafting them specially for the event and others donating several dozen of their yearly creations to the cause. According to Community Caregivers Manager Julie Levesque, whenever a new artist hears about the event they



Homemade bowls on display at the 2012 Potter's Bowl. Courtesy.

### 8th Annual Community Caregivers Potter's Bowl

**Where:** Promises to Keep  
199 Rockingham Road, Derry  
**When:** Friday, Feb. 1, 5 to 8 p.m.  
**Cost:** \$35 for a bowl and all the soup you can eat  
**Contact:** 432-0877

are quick to get involved; even Pinkerton Academy's art program has students craft one bowl for themselves, and one bowl for the event.

"The kids' pieces are always sought after by the grandparents, so it becomes a great family event. There is a big art scene in this community, and the artists are very community oriented when it comes to things like this," Levesque said.

Other contributors include Salmon Falls Stoneware, of Dover, Wiley Hill Mudworks, of Londonderry, and Potter Bruce Haber, a resident of Raymond.

"I've been doing the event all along," Michael Gibbons, potter and owner of Nutfield Pottery, said. "I just think it's a great event put on by a great organization, and it gives a bunch of people the opportunity to help. Plus, they get a nice, unique bowl and a nice meal — the soup is great."

Upwards of \$5,000 worth of art is donated, including that up for bid at the silent auction. Handcrafted jewelry, acrylic and oil paintings, watercolors, framed and matted photography, Shaker boxes and more are on display and the proceeds from the auction benefit the non-profit.

Community Caregivers volunteers serve the soup with help from the Red Star Twirlers, a world champion group of performers from Derry. It is also not too late to make an art donation, a soup bowl or otherwise, to the event, contact the Community Caregivers at 432-0877. There was also musical entertainment and take-home soup sold during the last hour for \$5 a bowl. Visit [comcaregivers.org](http://comcaregivers.org) for more. 🍷

## CRAFT BEER DINNER

**Monday, January 28th • 6pm at Firefly American Bistro & Bar**



Five course dinner with craft beer pairings.

Discussion led by Bert Bingel from Bert's Better Beers, Hooksett, NH.

### Menu

#### Appetizer

Duck Confit, brioche, tellicherry peppercorn sauce  
*Shipyard Prelude*

#### Soup

Pumpkin spice bisque, sweet ginger cream  
*Tuckerman's Pale Ale*

#### Salad

Escarole, cave-aged cheese, dried cherries, shallot vinaigrette  
*Unibroue La Fin Du Monde*

#### Entrée

Beer-braised chuck roast, English pea risotto, carrot and parsnip puree  
*Throwback Oma's Tribute*

#### Dessert

Dark chocolate banana bread pudding, cane sugar caramel sauce  
*Wells Banana Bread Beer and Guinness Black & Tan*

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# FOOD

**Food Listings**  
**Winter farmers markets**  
**• BEDFORD** CanUniquely NH Winter Market at Bedford Fields (Route 101) on the following Saturdays: Jan. 26 and Feb. 9 and Feb. 23, 10 a.m.-3 p.m. Contact at 472-8880 or bedfordfields.com.  
**• CONCORD** at Cole Gardens (430 Loudon Road) on Saturdays, 10 a.m. to 2 p.m. Visit colegardens.com or call 229-0655.  
**• CONTOOCOOK** 656 Gould Hill Road on Saturdays, 10 a.m. to 1 p.m., through May. Visit harvesttomarket.com or call 508-282-0094.  
**• DANBURY** Blazing Star Grange (15 North Road) every first Saturday, 9 a.m. to 1 p.m. through April. Visit danburygrange.org or call 768-5579.  
**• DERRY** Upper Village Hall (52 E. Derry Road) on the first and third Saturdays, 10 a.m. to 1 p.m. through March. Call 434-8974 or email farmersmkt@ci.derry.nh.us.  
**• ENFIELD** Enfield Community Building (Rte. 4) every Sat. 10 a.m.-1 p.m. through April. Call 632-5026 or email recreation@enfield.nh.us.  
**• HENNIKER** Parish Hall at Congregational Church of Hen- niker (5 Maple St.) on Thursdays, 4 to 6 p.m. through May 3. Visit harvesttomarket.com or call 568-1562.

**• LACONIA** Indoors at Laco- nia Skate Escape Roller Rink (161 Court St.) every Thursday 3 to 6 p.m., excluding holidays and school vacation weeks. Visit laconiaindoorwintermarket.weebly.com.  
**• MILFORD** Milford Town Hall Auditorium (3 Middle St.) first and third Saturday mornings from 10 a.m. to 1 p.m. Visit milfordnhfarmersmarket.com.  
**• RAYMOND** Lamprey River Elementary School (33 Old Manchester Road) on the third Saturday of each month from 10 a.m. to 2 p.m., Call 679-8656 for details.  
**• SALEM** Lake St. Garden Cen- ter (37 Lake St.) Sundays from 9 a.m. to 1 p.m. through May. Visit salemnhfarmersmarket.com.  
**• TILTON** 10 a.m. to 2 p.m. at 67 East Main St. on Saturdays and Sundays January through March. Visit tiltonwinterfarmersmarket.com or call 496-1718.  
**• WASHINGTON** at Meeting- house Farmers' Market (7 Half- moon Pond Road) last Saturday of every month from Jan. to Apr., 9 a.m. to noon. Call 495-3661 or email mgagesse@washingtonnh.org.  
**• WEARE** at Weare Town Hall (15 Flanders Memorial Road) Saturdays, Oct. through May, 4-6:30 p.m. Call 491-4203 or see harvesttomarket.com

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**• BEANS & GREENS WINTER** Herbs, pasture-raised chicken, beef on the hoof, winter storage vegeta- bles. Farm emails participants each Sun. or Mon. night with available items, \$25 and \$40 shares avail- able. Tuesday pick-up at 300 Gun- stock Hill Road, Gilford; delivery available. For details call 293-2853 or visit beansandgreensfarm.com.  
**• CONCORD/WARNER AREA** Certified organic vegetables and root crops, storage crops, winter greens. Runs through early May. \$285/share, nine pick up dates at Clinton St., Concord, or the Vege- table Ranch (443 Kearsarge Moun- tain Road, Warner) on Thursdays. Call 496-6391 or email vegetable- ranch@gmail.com or visit vege- table-ranch.com.  
**• RED MANSE WINTER** through Jan., pick up at Red Manse (5 Pittsfield Road, Loud- on) or satellite locations avail- able by request in Auburn and Northwood. Call 435-9943, email earl@redmansefarm.com or visit redmansefarm.com.  
**• ABBOTT FARM WINTER** Nov. through Feb. Veggies, fruits, eggs, homemade breads, flowers and sweet corn. Pick up at Abbott Farm (390 Sanborn Road, Tilton). Call 286-9424, email veggies@theabbottfarm.com or visit theab- bottfarm.com for membership.

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## FOOD CHEF SPOTLIGHT

# IN THE KITCHEN

WITH **ROWDY BESSEY**

Bessey is executive chef at Stella Blu (70 E. Pearl St., Nashua, 578-5557, stellablu-nh.com), a global tapas and fusion restaurant featuring dishes inspired by Italian, Asian, New Orleans and American cuisines. His last job was a six-year position at Flash's Cocktails in Boston.



**What is your must-have item in the kitchen?**

A must have is bacon. I tend to find everyone loves it, and it's great to use on all sorts of dishes as an application that is out of this world, especially with good bacon; we did a dinner with wild game that used some.

**What would you choose for a last meal on your deathbed?**

A nice porterhouse; dry aged, with mashed potatoes.

**What is your favorite restaurant besides your own?**

Mistral's in Boston. They use great ingredients, the menu is French style and they have a great atmosphere.

**What celebrity would you like to see come to the restaurant?**

I wouldn't mind Bobby Flay.

**What's the best or biggest food trend right now in New Hampshire?**

Definitely local ingredients from farms and bakeries, especially since I got up here. Places like MTs Local Kitchen [are] open-



ing, and chefs appearing in magazines are talking about. People are throwing it out there and using it, which is good to help farms in the Northeast.

**What's your favorite meal to cook at home?**

Tacos.

**How about your favorite dish on the Stella Blu menu?**

Hanger steak. We take miso paste for a marinade and some mustard, garlic and onion puree to rub on, and then serve it over udon noodles and arugula.

## Food maps/tours

- **FOOD MAPS** The Northeast Organic Farming Association of New Hampshire offers an online Farm & Food Map, which lists member farms, local restaurants and other businesses supporting organic agriculture; sort by location or product type. Visit [nofanh.org](http://nofanh.org) or have list your farm listed by becoming a member, call 224-5022.
- **ICE CREAM TRAIL** Granite State Dairy Promotion's New Hampshire Ice Cream Trail is an annually updated map highlighting shops and stands that use NH dairy products. Call 271-3696, email [gsdp@comcast.net](mailto:gsdp@comcast.net), or go to [nhdairypromo.org](http://nhdairypromo.org) for a copy.
- **NH ONLINE FARMERS MARKET** [nhfarms.com](http://nhfarms.com) lists NH farms all in one place. Find nearby sellers of fruits, vegetables, meats, dairy, maple and honey products, flowers, baked goods and more.
- **MAPLE, FAMILY STYLE** A weekend-long maple tour avail-

able at the state's tourism site [vistnh.gov](http://vistnh.gov). Breakfasts, candies, maple tree tapping and production tours. Best time usually mid-March.

- **BREWERIES AROUND Seacoast, Merrimack Valley, northern NH and the Monadnock region** all boast breweries, and [vistnh.gov](http://vistnh.gov) features a map for touring pleasure.
- **WINE, CHOCOLATE, CHEESE** tour from [visitnh.gov](http://visitnh.gov). Three different trails around the state gets you to vineyards and wineries, dairy makers and chocolatiers in a day.
- **CHOCOLATE AND MARTINI TOUR** Travel east to west hitting some of the best martini-producing restaurants and best sweet-producing chocolatiers. Visit [visitnh.gov](http://visitnh.gov).

## Festivals/cook-offs

- **POLAR GRILL FEST** \$5 beers, \$5 meat dishes, \$5 entry. Sat., Jan. 26, noon-5 p.m. at Redhook Brewery (1 Redhook Way, Portsmouth, 430-8600). Co-

sponsored by The Meat House (254 Wallace Road, Bedford, 472-5444; 16 Sheep Davis Road, Pembroke, 227-5261; [themeathouse.com](http://themeathouse.com)) Local restaurants.

- **SOUHEGAN VALLEY CHAMBER OF COMMERCE CHILI CHOWDA COOKOFF** Sun., Jan. 27, noon to 4 p.m. Home cooking ams and restaurant chefs compete for the best chili and chowders in several categories. Judged by food industry professionals. Cash prizes. \$10. Amherst Business Center (105 Route 101A Amherst). Call 673-4360 or email [may@souhegan.net](mailto:may@souhegan.net) for information, including entry info.

- **WHY DO FOOLS FALL IN LOVE?** all-inclusive dinner theater featuring Roger Bean's musical at The Chateau Event Center (201 Hanover St., Manchester) Feb. 8 and Feb. 9 at 7 p.m. and Feb. 10 at 1:30 p.m. Fri. and Sat. tickets \$35; Sun. \$32. Registration required by calling 669-7469. Visit [majestictheatre.net](http://majestictheatre.net) for more.



# All about the cupcakes

## Sisters open new Lakes Region shop

By Luke Steere  
lsteere@hippopress.com

Each morning the sun fills a corner shop in the heart of Tilton's historic downtown. At 11:30 a.m., Lakes Region Cupcakes owners and sisters Shelli Shumway and Stephanie McKim open up shop, ready to serve from their ever-changing menu of inspired cupcakes. And they have been ready, ever since a line of eager, sweet-seeking locals stood outside their new shop on opening day in September.

By the first of this year, Lakes Region Cupcakes had put in cafe tables, began partnering with local businesses and added an event room to throw baby showers and birthdays.

"The first day with all those customers was all from Facebook and a sign in our window. We were a little panic stricken, actually, but it's been good for getting business by word of mouth," McKim said.

Prior to opening the shop McKim was also pursuing a nursing degree, then a business degree: "a lot of changing gears."

Shumway began a baking business out of her home after working as a graphic designer for a local paper for many years but wanted to expand into a bigger kitchen, she said.

"I had been looking to do something new and began taking culinary classes for a semester. There aren't bakeries trying to focus on cupcakes cafe-style, so we are focusing on that for the shop," she said.

Sundays are their planning days, when they decide on recipes for the coming week. Their large bakery case gets filled with a myriad of flavors like Almond Joy, cannoli and candied bacon, which does, in fact, contain actual bacon. The cupcakes all tower with frosting, with inviting flavors like Madagascar bourbon vanilla and maple bacon chocolate.

"There's a science to it," Shumway said.

"Yes — a lot of times the simplest ones are the toughest; we don't have the moisture right or the flavor is off or the frosting looks bad. We're looking for perfection for our cases," McKim said.

Natives of Belmont, the sisters package and sell their products at Vintage Cafe in Laconia and do catering collaborations with the Tilton House of Pizza and Lavinia's Relaxed Dining in Center Harbor for



Shelli Shumway and Stephanie McKim stand behind their cupcakes. Photo by Luke Steere.

### Lakes Region Cupcakes

**Where:** 285 Main St., Tilton

**Contact:** 286-7776

**Hours:** Thursday through Saturday, 11:30 a.m. to 5 p.m.

Sunday, 11:30 a.m. to 3 p.m.

**Website:** lakesregioncupcakes.com

parties. Neighboring Gabriel's Salon and Day Spa has joined them too, offering a manicure/cupcake decorating package for girls' birthdays.

"We wanted people to relate us with the Lakes Region. It's a great tourist place, and we want them to remember this area because it's such a beautiful one," Shumway said.

Bringing the cupcake wave to the Lakes Region means staying on top of trends. McKim said they are always checking out what other shops are doing.

"We're staying aware of it, but we've taken some trips down to Manchester. One of our mentors is Chelsea [Stoddard] with Queen City Cupcakes," she said. "Because of shops like these I don't think people will ever get tired of cupcakes. They keep changing and people will stay interested."

Her sister agrees, noting there are a lot of shops around, but as long as they provide a tasty, fresh product, gourmet cupcakes will be popular.

"Cupcakes have been around forever; there's always something new, and we'll keep challenging ourselves to be different," Shumway said.

Customers can place orders through lakesregioncupcakes.com, which require three days' notice and a one-dozen minimum. 🍷

• **NH FARM AND FOREST EXPO** Center of NH Radisson Hotel (700 Elm St., Manchester) on Fri., Feb. 8 and Sat., Feb. 9; \$7 entry fee; beginner and expert classes on beef, vegetable and farm management; visit nhfarmandforestexpo.org for complete schedule.

• **MAPLE SUGAR CELEBRATION** Stories, crafts and treats register by Feb. 8. odist Church (63 Arlington St., Nashua) on Mon., Feb. 25, 10 a.m. to noon. Kids program, parents welcome. Call 521-0138 to register by Feb. 8.

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## FOOD

## Weekly Dish

Continued from page 52

made with honey, will be paired with each course. Reserve by calling 679-8772, the dinner is on Wednesday, Jan. 30, at 6 p.m. and is \$60 per person.

• **We are farmers:** "Thirty Years: Showcasing Success & Innovation," the title for the 30th anniversary of the NH Farm and Forest Expo, imbues the events usual exhibitors and education sessions on food, farming and conservation. UNH Cooperative Extension and the NH Division of Forests & Lands and Department of Agriculture, Markets & Food will be sponsoring events including seminars on Feb. 9 covering backyard sugar mapleing, 9:30 to 11 a.m.; rain gardens, 8 to 9:30 a.m.; raising beef at home, 9 to 11 a.m.; and basic plant management, 11:30 a.m. to 12:30 p.m. Held at the Center of NH Radisson Hotel (700 Elm St., Manchester); \$7 entry fee. Visit nhfarmandforestexpo.org for complete event schedule.

• **Six courses, six lucky couples:** For more chocolate, Dancing Lion Chocolate (917 Elm St., Manchester) will be holding a dinner on Thursday, Feb. 14, from 8 to 10 p.m. Chocolate artist Tango-Lowy will be hosting a romantic, exclusive evening for six couples at his chocolate shop featuring a six-course tasting menu. Dinner is \$65 per person, call 625-4043 to reserve. At the

end of the month, 10 spots are open for a cheese and chocolate appetizer pairing class at Dancing Lion too. This class will be held on Thursday, Feb. 28; visit dancinglionchocolate.com for more.

• **Door 2 Door grows again:** Manchester newcomers The Gyro Spot (1073 Elm St.) and Red Sauce Ristorante (33 South Commercial St.) have joined the Door 2 Door delivery service, a restaurant delivery service based in the city. The Derryfield Restaurant (625 North Mammoth Road) has too, and, coming soon, food from Moe's Italian Sandwiches (796 Elm St.) will be offered. Stay home and get fresh food from your favorite restaurants right to your door. Check out d2ddelivery.com for top rated menu items from around Queen City or email info@d2ddelivery.com to add a restaurant.

• **Dine out, tune in:** Local restaurateur Carol Sheehan of the Red Arrow Diner, J's Tavern and the Midtown Cafe is starting up a radio segment called Dining Adventure for the Girard at Large show on 90.7 WLMW. Sheehan will be live on Thursdays at 7:40 a.m. talking about her dining adventures and taking calls. "[People can] call in and recommend a place for me to try, or just talk about someplace that I may be highlighting for that week," she said.

### • RESTAURANT WEEK 2013

Meal deals at restaurants statewide Friday, May 17 to Friday, May 24. Visit restaurantweeknh.com for details, announcements and more.

### Chef events/special meals

• **WINTER WARM-UP** Presidential Oaks Retirement Community (200 Pleasant St., Concord, 678-1333) Thurs., Jan. 24, noon; Beef stew, salad, dessert, live entertainment, meet and greet seniors and their families. Reservations: 724-6100.

• **NEW ORLEANS JAZZ DINNER** Four-course New Orleans-style dinner by Dining by Design (Stratford, 498-1634, diningbydesign.com) Bow Lake Grange Hall (Water St. and Province Lane, Stratford) Sat., Jan. 26, 5-9 p.m. Live jazz by WildVine, tickets \$47.90 available online.

• **THE RENAISSANCE OF MEAD** Zampa (8 Exeter Road, Epping) is holding a four-course mead tasting dinner with locally grown food and locally crafted mead by Sap House Meadery in Ossipee; Wed., Jan. 30, at 6 p.m. Reserve at 679-8772. \$60 per person.

### • NATIONAL PANCAKE DAY

Free pancakes at IHOP (224 S. River Road, Bedford; 528 S. Broadway, Salem) Tues., Feb. 5, 7 a.m.-10 p.m. Fundraiser for Children's Miracle Network Hospitals' 30th anniversary. Visit ihoppancakeday.com.

• **DANCING LION VALENTINE'S DINNER** Six courses, six seats, \$65 per couple. Thurs., Feb. 14, 8-10 p.m. Dancing Lion Chocolate (917 Elm St., Manchester). Tasting menu, chocolate and live music. Reserve at 625-4043.

• **SWEETHEART DINNER** Mon., Feb. 14, noon; Presidential Oaks Retirement Community (200 Pleasant St., Concord, 678-1333) Roasted, stuffed chicken, cheddar baked potato, dessert; live big band music and dancing. Reservations: 724-6100.

• **INDULGENCE DINNER** All things guiltily pleasurable, three times over, at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077) Feb. 14-16 at 6:30 p.m. Call for reservations.

• **MAPLE MADNESS DINNER** at The Inn at East Hill Farm, 460 Monadnock St., Troy, 242-6495, east-hill-farm.com, will feature

maple dishes, live fiddle music and silent auction. BYOB. Reservations required. Sun., March 3.

• **MUD SEASON MICRO-BREW VS WINE DINNER** Thurs., March 21, at 6 p.m. Zorvino (226 Main St., Sandown, 887-8463) pairs wines and four local breweries pair beers with four-course tapas menu. \$49.95 per person. Visit zorvino.com.

• **SOUTHERN FRIED DINER THEATRE** Majestic Diner Theatre Company presents Southern Fried Murder at The Chateau Event Center (201 Hanover St., Manchester) Fri., April 19, and Sat., April 20, at 7 p.m.; Sun., April 21, at 1:30 p.m. Audience participation in murder mystery set in Dixie with spoofs on famous Deep South characters. Dinner and show all inclusive; call 669-7469 or visit majestictheatre.net for pricing and reservations.

• **SPRINGTIME IN PARIS DINNER** Two nights by the Siene at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077) April 19 & 20 at 6:30 p.m. Call for reservations.

• **JULIA CHILD DINNER** Tributes to the culinary legend on two nights at Stages at One 61 ▶



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After moving in with my husband, I discovered a new wealth of pantry ingredients. We've tried to blend our two food cultures as seamlessly as possible, but my aversion to seafood and spice severely limits the Laotian/Thai food that I'm willing to create in my kitchen. There are, however, a handful of pantry ingredients that I frequently blend into my all-American cooking. And as I become more familiar with the pantry seasonings and spices of my husband's childhood, I'm easing myself into mastering some of his mother's recipes.

The beauty of Asian food is that the flavors and textures are as diverse as the different peoples and cultures. A pinch of one spice and your taste buds are traveling through China, another and they're headed toward Thailand, Vietnam or Laos. Some spices don't abide by country boundaries and have made their way into food across the continent, such as star anise.

Star anise is native to China and has been used by man since before 100 B.C., according to The Flavours of History website. The generic name comes from the Latin verb "illicere," meaning to attract, and recipes featuring this spice will certainly attract big supporters to your table.

Star anise is a star-shaped, dark brown pod containing a seed in each of its eight segments. The pod itself comes from a small evergreen tree native to China. This powerful seed gives off the sweet aroma and the mild flavor of licorice when added, but is slightly more bitter than regular anise seed. In Asian cooking, it is used primarily to add a licorice flavor to savory dishes, and is even one of the spices found in Chinese five-spice powder.

It's believed star anise was brought from China to Europe by a sailor around the 16th



This dainty ingredient is full of big flavor. Lauren Mifsud photo

century, and initially adopted in jams, syrups and puddings. Aside from its use in food, practitioners of herbal medicine also use star anise to treat numerous ailments – not to be confused with Japanese anise, which is poisonous. The seed and oil of the herb are used to make medicine, typically used to treat respiratory tract infections and coughs, bronchitis and the flu. Similarly, it is used to treat digestive tract problems like an upset stomach or loss of appetite.

One of my favorite recipes to use star anise is sure to prevent loss of appetite. Pho, the traditional Vietnamese noodle soup, is a simple dish requiring minimal effort. Plus, the broth is flavorful but mild, leaving your individual bowl open for personalized seasoning. You can find numerous recipes for pho in cookbooks and online as the popularity of the dish continues to grow in America. Here in New Hampshire, we have multiple Asian specialty stores where we can stalk up on the ingredients and seasonings best used in these recipes. The main component, the broth, is not an exact science, and the recipe below is one from my mother-in-law, so measurements are based solely on how many people you anticipate feeding. Just keep a pantry full of sauces (oyster, fish, chili and soy to name a few), crushed red pepper and maybe even some shrimp paste on hand to flavor to taste your own bowl. — *Lauren Mifsud*

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**Pho**

- Beef oxtail
- Beef bones
- Celery
- Sweet onions
- Star anise
- Rice noodles
- Oyster sauce, soy/seasoning sauce, fish sauce, shrimp paste, sugar, pepper/ crushed red pepper, Thai basil, cilantro, bean sprouts and fresh lime as desired for seasoning and garnish

In a large saucepan, add the beef oxtail, beef bones, chopped sweet onions, chopped celery and star anise to the desired amount of water for broth, adding more or less of each ingredient accordingly. Bring to a boil for about two hours; reduce the heat to sim-

mer for an additional three to four hours to extract the flavors of the beef and the anise. The longer the broth simmers the better. As the broth cooks, a layer of fat will form on the top of the broth, skim it off and discard. Boil a small bowl of water for the noodles. You'll typically find them in the Asian aisle of the grocery store or a local Asian specialty store. In a mesh strainer, add the desired amount of noodles for an individual bowl. Dip the strainer into the small pot of boiling water and stir the noodles with a wooden spoon, until noodles are soft (about 1 minute). Add the noodles to your soup bowl, and then add the desired seasonings to taste; top with broth and garnish with basil, cilantro, bean sprouts and a squeeze of fresh lime to finish.



# Super Bowl snack

As the Super Bowl approaches, so does my craving for amazing snacks. From nachos to buffalo wings, everyone's favorite Sunday in winter comes with the most delicious snack food that people can't wait to dive into.

Unfortunately, much of the food celebrated on Super Bowl Sunday is unhealthy. Eating these kinds of snacks once in a while is no big deal, but when eaten en masse they can leave you feeling worse than a Notre Dame fan after Alabama's beating. Don't get me wrong — I am not advocating a nacho-free Super Bowl (I'm not crazy, people!). But, I am advocating a few healthy additions to the heartburn-inducing repertoire. If people fill up on just a few healthier choices, they'll be less inclined to overindulge on some of the unhealthy ones.

While carrots and hummus are always a good option, this week I'm thinking about something a little less obvious: cauliflower. Most cauliflower is grown in the cool coastal area of California, so it tends to be easily available in the winter to U.S. shoppers. It doesn't like extreme temperatures but prefers consistently cool ones. Cauliflower contains a ton of vitamin C in addition to a healthy serving of fiber and potassium. It's a healthy and filling option that, given its consistency when cooked, can even stand in for potatoes in the form of mashed cauliflower.

Sticking with the Super Bowl theme, I found an amazing recipe for buffalo cauliflower bites from PETA's website. Who knew they did recipes? Not surprisingly, the recipe was vegan, so I ended up following Skinnytaste.com's adaptation of it more closely because it used real butter rather than vegan margarine. Put this out on



## Buffalo Cauliflower Bites

Courtesy PETA and Skinnytaste.com

*Serves six for an appetizer*

1 cup water  
1 cup all-purpose flour  
2 teaspoons garlic powder  
6½ cups cauliflower florets  
¾ cups buffalo sauce (use your favorite)  
1 teaspoon melted unsalted butter  
Blue cheese or ranch dressing for serving  
Celery and carrot sticks

Preheat oven to 450 degrees. Spray a cookie sheet with nonstick spray (I also recommend covering cookie sheet in parchment paper to avoid more mess). In large bowl, mix water, garlic powder and flour together. Add cauliflower and mix until cauliflower is coated with the mixture. Place cauliflower on baking sheet and bake for 20 minutes. After 20 minutes take cauliflower out and pour hot sauce over top; continue baking for an additional 5 minutes. Serve how you like: with dressing, veggies, etc.

Super Bowl Sunday and see how it goes. Your friends may thank you for providing a healthier option. — Allison Willson Dudas

58 ► Washington (1 Washington St., No. 325, Dover, 842-4077) May 3 & 4 at 6:30 p.m. Call for reservations.

• **MOTHER'S DAY BRUNCH** at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077) May 12 at 11:30 a.m. Call for reservations.

## Weekly special meals

• **CONCORD FOOD CO-OP BRUNCH** The Co-op's Celery Stick Café (24 S. Main St., Concord, 410-3099, concordfoodcoop.coop) offers a brunch buffet every Sun., 10:30 a.m.-2 p.m. Build-your-own omelet station.

• **ALL YOU SHOULD EAT FARM FEAST BREAKFAST** D Acres (218 Streeter Woods Road, Dorchester) hosts a breakfast on the first Sunday of the month from 10 a.m. to 1 p.m. Local breakfast food including pancakes with maple syrup, eggs, meat, potatoes, and greens; fair-

trade coffee. Guided tours, open woodland trails following meal. No pets allowed. \$5 to \$15 suggested donation. Call 786-2366 or visit dacres.org.

• **FROM OUR TAVOLA TO YOURS** is held on the first Monday of every month at Lucia's Tavola, 181 Route 13, Brookline, 429-9134, luciastavola.com. The event begins at 5 p.m. with a wine and cocktail tasting reception. At 6 p.m., Chef Mark DiCicco will prepare a four-course meal in front of the diners. Dinner costs \$35 and reservations are recommended.

• **LEBANESE DINNER** Washington St. Catering, 88 Washington St., Concord, 228-2000, washingtonst.catering.com, is serving a five-course Lebanese dinner every Friday from 5 to 9 p.m. The menu features tapas-style appetizers of hummus, pita chips, marinated almonds, garlicky cheese, olives, a choice of

soup (typically chicken lemon or lentil Swiss chard) and tabbouleh or fetoosh. Four entrees — lamb, beef, chicken and vegetarian, all served with a starch and roasted vegetables — are offered each Friday. Guests are served espresso, baklava and fruit for dessert. The dinner costs \$23.95 per person and reservations are recommended. Guests may bring their own wine at no additional charge.

## Church/charity suppers

• **SHARE-A-MEAL** Arlington Street United Methodist Church (63 Arlington St., Nashua) Community Share-A-Meal, bring a meal to share and get to know your neighbors, family and friends; Fri., Feb. 1, 6-7:30 p.m.; dinner and activities. Contact 882-2489 for details.

• **POTTER'S BOWL** Promises to Keep (199 Rockingham Road, Derry) Fri., Feb. 1, 5-8 p.m.; local soups in homemade bowls, silent

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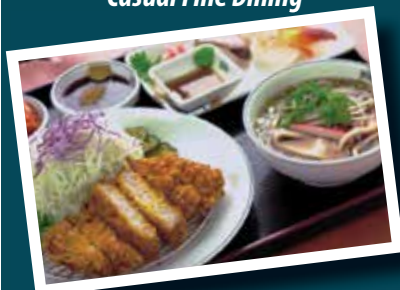


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**FOOD** JUST DESSERTS

## Grapefruit

It is really quite kind of citrus fruit to ripen during the coldest months of the year. The temperatures are edging lower, and the sky is gray more often than one would like, but as we head into the most dreary stretch of our slog through winter, at least we have a bounty of sunny citrus.

Sure, oranges and lemons and limes appear in the produce section all year. But come winter, the selection explodes. The regular line-up is joined by clementines, tangelos, pomelos, and at least four kinds of tangerines. And grapefruits, though available all year round, become particularly abundant and succulent.

Grapefruit has often been considered one of the more, well, challenging citrus fruits. Its flavor contains both sour and bitter notes that make it less popular than some of its more uniformly sweet counterparts.

And let's get this out of the way. Grapefruit can interfere with how the body metabolizes certain prescription drugs and cause potentially dangerous interactions. If you are on prescription medications, check with your doctor before consuming the fruit or its juice.

Even a grapefruit skeptic, however, can love the fruit in a dessert, where ingredi-



ents like sugar and cream can soften the less desirable aspects of the flavor.

Often grapefruit is seen atop cheesecakes, tarts, and flans. The creamy richness of these desserts nicely complements the sharpness of grapefruit. This recipe takes that same idea in a chillier direction, pairing homemade grapefruit sorbet with store-bought vanilla ice cream to make a dessert that is sweet and tart and creamy all at once.

The sorbet is simple to make and works with any variety of grapefruit; I used two red grapefruits, which yielded exactly the right amount of juice. The vibrant pink color of the finished product comes from an infusion of hibiscus tea, which also adds a bit of nuance to the flavor. Enjoy. — Sarah Shemkus

### Grapefruit Sorbet Creamsicle

Recipe excerpted from *Bon Appétit*, via *epi-curious.com*.

- 1¼ cups sugar
- 1¼ cups water
- 2 hibiscus tea bags
- 1 tablespoon finely grated grapefruit zest
- 1½ cups fresh grapefruit juice
- 1 quart vanilla ice cream

Bring sugar and water to a boil in a small pot, stirring to dissolve sugar. Remove from heat; add tea bags and zest. Let steep for 10 minutes. Remove tea bags; discard. Stir in grapefruit juice. Cover and chill grapefruit mixture until cold, about 1 hour. Process grapefruit mixture in an ice cream maker according to manufacturer's instructions. Pour sorbet into airtight container and freeze until firm, about 2 hours. Serve with vanilla ice cream.

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auction; \$35, take bowls home; \$5 take-home soup. Call 432-0877 or visit [comcaregivers.org](http://comcaregivers.org).

• **AMERICAN CARES VETERANS DINNER** First annual, St. John Neumann Church (1 Merrimack Road, Merrimack) Sat., Feb. 9, at 6:30 p.m., \$10. Call 886-4200 for tickets, patriotic handmade quilt raffle, musical entertainment.

• **PASTA PALOOZA DINNER** Benefits Alvirne Music Program; Sat., Feb. 16, 5-8 p.m., \$7 per person, Alvirne High School cafeteria (200 Derry Road, Hudson) Call 566-7431.

• **EMPTY BOWLS** Nashua High School South (36 Riverside St., Nashua) Wed., Feb. 20, 6-8 p.m., \$13; choose from 700 stoneware bowls and enjoy soup and bread; benefits the Nashua Soup Kitchen and Shelter. Call 889-7770 or email [peringerr@nashua.edu](mailto:peringerr@nashua.edu); checks payable to the Nashua Soup Kitchen and Shelter; send

to Donna Sintiris, 36 Riverside St., Nashua, 03062 by Feb. 10.

### Upcoming food classes/workshops

• **ALICE-THEMED COOKING CLASSES AT STAGES** Two nights of themed cooking classes to go with the dinners at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077). Alice in Wonderland on Cooking classes on Jan. 24, 6:30-8:30 p.m. Class themes correspond with dinners; classes are \$100 apiece, \$175 for both; attend dinner too and receive \$25 discount.

• **CHOCOLATE-THEMED CUPCAKE DECORATING** class at Coffee Coffee (326 S. Broadway, Salem) on Tues., Feb. 5, 7-9:30 p.m.; \$35. Call 912-5381 or visit [coffeeroastersnh.com](http://coffeeroastersnh.com) for more.

• **BACKYARD MAPLE SUGARING** UNH Cooperative

Extension Education hosts class on maple sugaring in your backyard at the Radisson Hotel (700 Elm St., Manchester) Sat., Feb. 9, 9:30 p.m. First-timers and beginners with fewer than 75 taps. \$7; \$6 with two food items; Call 231-1396 for information or visit [nhfarmandforexpo.org](http://nhfarmandforexpo.org).

• **INDULGENCE-THEMED COOKING CLASSES AT STAGES** Two nights of themed cooking classes to go with the dinners at Stages at One Washington (1 Washington St., No. 325, Dover, 842-4077). Indulgence themed classes on Feb. 7 and Feb. 21, 6:30-8:30 p.m. Class themes correspond with dinners; classes are \$100 apiece, \$175 for both; attend dinner and receive \$25 discount.

• **PASSIONATE DISHES FOR YOUR VALENTINE** Amherst Public Library (14 Main St., Amherst) hosts Creative Feast's Chef/Instructor Liz Barbour with



# Skinny sips

How lower-calorie wines stack up

By Stefanie Phillips  
listings@hippopress.com

If you're anything like me, your New Year's resolutions (once again) include "lose weight." While wine enjoyed in moderation still has a decent amount of calories, I may have discovered one of the best things ever this week: the reduced-calorie **Skinny Vine**.

I stumbled upon this wine at Hannaford in Concord, and at only \$8 a bottle, I was intrigued — sure, it's low-calorie, but how does it taste? The selection included moscato, chardonnay and white zinfandel, so I bought a bottle of each to try.

The Skinny Vine wines come from Napa, Calif., and, according to the website, go through a similar winemaking process as regular wines until the end of it. Here, a special filtration system is used to remove some of the alcohol and some of the calories. The result is wines that have 25 to 30 percent fewer calories.

I wish I could say I liked the 2011 **Slim Chardonnay**, but as a non-chardonnay fan, I found this one fairly offensive and tough to drink. The funky aroma on the nose and the heavy smokiness on my palate overwhelmed me.

Chardonnay drinkers might enjoy this wine, which, according to the winemaker, has ripe apricot and honeyed citrus aromas with a touch of vanilla and oak spice. This wine has 86 calories per five-ounce serving, compared with 121 calories per serving in **Cupcake Chardonnay**. The alcohol level of this wine is at 8.5 percent.

The 2011 **Thin Zin** is what I would call a typical white zinfandel, with aromas of ripe berries and strawberries. On the palate it has flavors of citrus, melon and red berries with a nice amount of sweetness. This is one of the better white zinfandels I have tried and one I would definitely drink again. It would also make a great low-calorie spritzer to enjoy in the summer.

This wine has 89 calories per five-ounce serving, versus 120 calories per serving in **Menage a Trois Rose**. At 7.5 percent alcohol, you would never know this wine is lower in calories if you were presented it.

The 2011 **Mini Moscato** has aromas of

peaches and honey that hints at its sweetness. On the palate there are flavors of juicy pears and apples. This wine is sweet but not too sweet, fruity and refreshing. It is exactly what I love about moscato and makes me long for hot summer days.

If served this wine, I would never know that it has fewer calories than other moscatos. With a 7.5-percent alcohol content, it has 95 calories per five-ounce serving compared to 140 calories in **Menage a Trois Moscato**. Since moscato usually has a fairly low alcohol content, you really won't miss the reduced alcohol content (or the calories). I'd definitely purchase and drink this wine again.

The wine's website, the [skinnyvine.com](http://skinnyvine.com), includes a Skinny Challenge where people were asked to taste test the wines against other wines of the same varietal to see if they could identify the one with fewer calories. All of the taste testers couldn't believe the wine had so much flavor, despite the calorie content. I have to agree with them; I would never have known without reading the bottle.

Some online statistics on wine. [lovetoknow.com](http://lovetoknow.com) showed that these wines have about the same number of calories in five ounces that other wines have in four, so you can have an extra ounce of wine without having to sacrifice a lot of flavor. It's nice to know that you can still enjoy a decent glass of wine without feeling too guilty.

Of these three wines, I enjoyed the moscato the most, followed by the white zinfandel and then the chardonnay. I have not seen The Skinny Vine in any other stores, though the website does have a store locator, along with some low-calorie recipes to pair with the wines from chef and author Christine Avanti.

I have not yet tried the Skinnygirl wines from Betheny Frankel, but none of the reviews I have read have been positive. I will save those for another column. Weight Watchers has a branded line of wines, but they are only available in the United Kingdom.

The good news is that you can honor your resolution without having to give up wine completely.

Valentine's Day recipes and samples. Thurs., Feb. 7, 6:30-8:30 p.m. Call 673-2288 for more.

• **A HISTORY OF CHOCOLATE** Mon., Feb. 14, at 11 a.m., at Presidential Oaks Retirement Community (200 Pleasant St., Concord, 225-6644). Reserve a spot by calling 724-6100.

• **CREATING THE PERFECT PLATE** Dancing Lion Chocolate

(917 Elm St., Manchester) on Thurs., Feb. 28, 6:30-8 p.m. Learn to select cheeses and chocolate to create the perfect appetizer plate for guests; types of cheese, pairings with chocolate and presentation will be discussed. \$35; call 625-4043.

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## DRINK

# Red, white and green

This week we tried two American reds, both non-traditional for those big cabernet lovers.

Our first wine is a **2009 Mazzocco Zinfandel** from Sonoma County (\$14.99). Zinfandels have really come into their own. It was once treated as a table wine made of a local field grape in Sonoma and Napa, but now it's become quite popular. And deservedly so. This wine was a dark ruby red to the maroon side of the color. The nose was fruity and full with bright cherry, a bit of wood and leather. We tasted it at room temperature and found big bright fruit at the start. Dried cherries, stone fruit and, as one taster put it, "taste of yummy," made up the core of this delightful zin.

Our second wine is a no vintage **Evolution American Red Wine** (\$15.99). These



are the same people that produce Evolution No. 9, a white of nine varietals, that has quite a following from Oregon. This Evolution red was a lighter ruby red with a slight amber cast. On the nose we found a light berry scent. We tried the wine at room temperature and found it to be on the dry side with little sweetness and a restrained fruitiness. This wine would work well as a table wine with a nice red sauce pasta dish.

*Each week in "Red, White & Green," the wine-lovers taste red and white wines that sell for not too much of the green, less than \$20. The goal? To find a good bottle without breaking the bank. Unless otherwise noted, the prices listed are what you'll find the bottles selling for at the New Hampshire Wine & Liquor Outlet.*

## Drink Listings

### Wine Week

Thursday, Jan. 24

• **WENDY LANGE** winemaker from Lange Estate Winery and Vineyards; free tastings at Plaistow (Market Basket Shopping Plaza, Route 125), 10-11:30 a.m.; Portsmouth outlet (Portsmouth Traffic Circle), 12:30-1:30 p.m.; Concord outlet (50 Storrs St.), 2:30-4 p.m.

• **ANTONIO ZACCHEO JR.**, Carpineto winemaker; free tastings at Hooksett outlet (I-93 Northbound) 10-11:30 a.m.; Nashua outlet (269 Daniel Webster Highway), 11:30-12:30 p.m. and 1:30-3 p.m.

• **PABLO CUNEO**, winemaker from Ruca Malen Winery; free tastings at Concord outlet (50 Storrs St.) from 10-11 a.m.; Salem outlet (417 South Broadway) 12:30-1:30 p.m.; Bedford outlet (5 Colby Court) 2:30-4 p.m.

• **ROLAND MARANDINO**, wine ambassador Cecchi Family Estates; free tastings at the Salem outlet (417 S. Broadway), 10-11 a.m.; Manchester outlet (1100 Bicentennial Drive), noon-1:30 p.m.; Nashua outlet (269 Daniel Webster Highway), 2-3 p.m.

• **ROB MONDAVI, JR.**, president of winemaking at Folio Fine Wine Partners; free tastings at Hampton outlet (I-95 Southbound), 10:30-11:30 a.m.; the Hampton outlet (I-95 Northbound), noon-1 p.m.; Manchester (1100 Bicentennial Drive), 2-4 p.m.

• **CLAY BROCK**, director of winemaking from Wild Horse Winery & Vineyards; free tasting at Manchester outlet (1100 Bicentennial Drive), 12:30-1:30 p.m.;

Bedford outlet (5 Colby Court), 1:45-2:45 p.m.; Hooksett outlet (I-93 Northbound), 3-4 p.m.

• **WINTER WINE SPECTACULAR FOR EASTER SEALS** Center of New Hampshire Radisson Hotel (700 Elm St., Manchester), 6-9 p.m., \$65; \$125 Bellman's Cellar Select ticket. Taste around 2,000 wines, meet winemakers and owners, local restaurants provide food. Call 888-368-8880 or visit [eastersealsnh.org](http://eastersealsnh.org) for tickets.

### Special events/Meals

• **POLAR GRILL FEST** \$5 beers, \$5 meat dishes, \$5 entry. Sat., Jan. 26, noon-5 p.m. at Redhook Brewery (1 Redhook Way, Portsmouth, 430-8600). Co-sponsored by The Meat House (254 Wallace Road, Bedford, 472-5444; 16 Sheep Davis Road, Pembroke, 227-5261; [themeat-house.com](http://themeat-house.com)). Local restaurants.

• **LANGE WINERY WINE DINNER** The Bedford Village Inn (2 Olde Bedford Way, Bedford) hosts Wendy Lange, Lange Estate Winery and Vineyard. Five courses, prix fixe, Jan. 30, at 6 p.m. Call 472-2001 or visit [bedfordvillageinn.com](http://bedfordvillageinn.com).

• **LABELLE VALENTINE'S DAY** Thurs., Feb. 14; LaBelle Winery (345 Route 101 Amherst) Valentine's Day three-course, prix fixe, light bites menu; Shimmer sparkling wine, cocktails, wine pairings, live music. Reserve at 672-9898.

• **MUD SEASON MICRO-BREW VS WINE DINNER** Thurs., March 21, at 6 p.m. Zorvino (226 Main St., Sandown,

887-8463) pairs wines and four local breweries pair beers with four course tapas menu. \$49.95 per person. Visit [zorvino.com](http://zorvino.com).

• **COMEDY NIGHT BEER DINNERS** Wednesdays at Holy Grail Pub (64 Main St., Epping, 679-9559) with live entertainment, food, cold beer. \$34 per person. See [holygrailrestaurantandpub.com](http://holygrailrestaurantandpub.com).

• **IN THE MIX KITCHEN SERIES** at New Hampshire Liquor & Wine Outlets' superstore (25 Coliseum Ave., Nashua) with local restaurants pairing meals with wine and spirits. Free, noon to 2 p.m. every Saturday.

• **SOUTHERN NH BREWERS FESTIVAL** Thurs., July 25, through Sat., July 27 White Birch Brewing (1339 Hooksett Road, Hooksett) hosts local beer companies and NH chefs for tastings. Details at [whitebirchbrewing.com](http://whitebirchbrewing.com).

### Beer and wine tastings

• **WINTER WINE SPECTACULAR** Sponsored by NH Liquor & Wine Outlets. Thurs., Jan. 24, 6-9 p.m. at the Radisson (700 Elm St., Manchester). Two rooms of wine and food sampling. Grand Tasting ticket \$65; Grand Tasting and Bellman's Cellar Select tickets \$125.

• **HE SAID CHOCOLATE, SHE SAID WINE** Thurs., Jan. 31, 6:30-8:30 p.m. at WineNot Boutique (170 Main St., Nashua, 204-5569). Continuing series with WineNot owner Svetlana and Rich Tangelo of Dancing Lion Chocolate, pairing rare chocolates with extraordinary wines and cheeses. \$50, limited to 25 people, call 625-4043.

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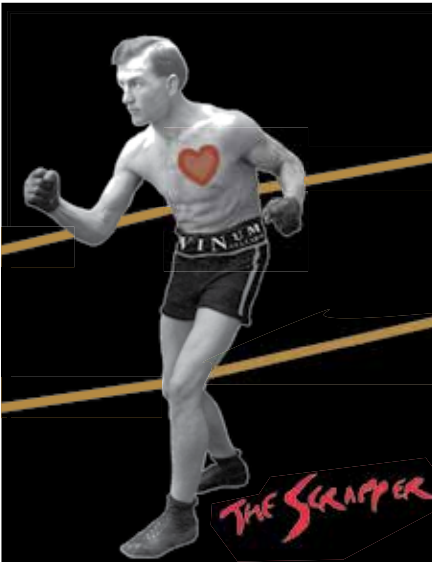
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3. To serve, evenly divide hot oatmeal into 2 bowls, then top with warm fruit mixture.

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### Katy Magoon, RD, LD

Katy is available at the following locations and times:

**Londonderry Hannaford**  
**6 Hampton Drive**  
Wednesdays, 10 a.m. - 6:30 p.m.  
Fridays, 10 a.m. - 2 p.m.

**Concord Hannaford**  
**73 Fort Eddy Rd.**  
Thursdays, 1:30 p.m. - 8 p.m.



### Marilyn Mills, MS, RD, LD, CDE

Marilyn is available at the following locations and times:

**Hooksett Hannaford**  
**79 Bicentennial Dr.**  
Mondays, 10:30 a.m. - 1:30 p.m.  
Wednesdays, 5 p.m. - 8 p.m.

**Manchester Hannaford**  
**201 John E. Devine Dr.**  
Thursdays, 10:30 a.m. - 8 p.m.;  
some Saturdays, 11 a.m. - 3 p.m.

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**Nashua Hannaford**  
**175 Coliseum Ave.**  
Susan is available  
Tuesdays, 2 p.m. - 6 p.m.





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Includes listings for lectures, author events, book

clubs, writers' workshops

and other literary events.

To let us know about your

book or event, e-mail Kel-

ly Sennott at ksennott@

hippopress.com. To get

author events, library

events and more listed,

send information to list-

ings@hippopress.com.

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# POP CULTURE

MUSIC, BOOKS, GAMES, COMICS, MOVIES, DVDS, TV AND MORE

## Oliver, *Mechanical* (Fools Gold Records)



After successfully proving that they can withstand being in the same room with A-Trak for a remix, laptop duo Oliver emerge here with their debut EP, a combination of '80s-schlock, heartfelt angsty beats and Ed Banger crunch, all in the name of – I dunno, reinventing eurotrash-techno for the latest generation to have missed it. This won't set the world on fire, all the borrowing of sounds that come straight out of the John Waters film oeuvre (the title track most especially sounds like *Breakfast Club* makeout music), never mind the throwback Mr. Roboto-like vocal

effects on "MYB," but maybe it'll get those spoiled velvet-rope kids thinking a little bit — there's more heart here than in the last million Chromeo ripoffs to darken my door, and it's a pleasant backpedal from that never-ending trend of the last couple of years in which all the new DJs were basically Sharpie-ing "Justice is the shizzle, ain't they" on their foreheads (this latter being doubly surprising, being that these guys are from L.A.).

**B+** — Eric W. Saeger

## La Big Vic, *Cold War* (Underwater Peoples Records)



Next-gen trip-hop from a trio of bedroom-laptop hipsters from Brooklyn, all of them larded with massive volumes of cred (classically trained pianist/violinist/singer Emilie Friedlander co-edits the Pitchfork-affiliated Altered Zones blog; synth-guy Toshio Masuda was doing j-pop on a major label). The above, of course, will mean nothing to folks who aren't constantly trying to enhance their hipness by familiarizing themselves with future failed trends, but either way this is truly neo-psychedelic as done by technologically advanced beings from another planet, sort of like

Animal Collective gone new age. Speaking of other planets, Friedlander might want to stick to the wah-pedal violin that makes this stuff so eerie instead of telegraphing the punches with cartoon weirdness — "Save The Ocean" makes me want to do no such thing, what with all the big-echo green-skinned space-girl woo-oo-ooing she does. But when stuff like that isn't happening, Masuda's contributions douse the whole sound in a plaintive Asian vibe, thus conjuring what you might hear if Massive Attack had done the soundtrack for *Crouching Tiger*.

**A** — Eric W. Saeger

## PLAYLIST

*A Seriously Abridged Compendium of Recent and Future CD Releases*

• L.A.-based indie-rock quartet **Local Natives** deliver *Hummingbird*, its second album, into this cold hateful world on Tuesday, Jan. 29, whereupon CD reviewers worldwide will try to fit "Fleet Foxes," "Vampire Weekend" and "Animal Collective" into their mostly disinterested reviews of this album. This is because launch-pad single "Breakers" is a nicely flowing but ultimately contrived amalgam of the general aesthetic of those three bands, which, in English, means "if this song was a plush stuffed clown and I was a chimp, I'd fling feces at it and scream in its face."

• Bwahaha, if you've ever wanted to hear silly acoustic versions of every song on the **Biebs'** album *Believe*, the cleverly titled *Believe Acoustic* will be out next week! Without all the effects and Autotune and Nicki Minaj and swimming pools full of good Christian girls in bikinis, it's just the Biebs, his whining prepubescent tones, unplugged Jim Croce guitar, and annoying hormonal overload, i.e. the experience of having Corey Haim from *The Lost Boys* wailing "Ain't Got a Home" all boy-band-style right into your tired, irritated eardrums.

• Canadian twin-girl power-poppers **Tegan and Sara** release their seventh full-length album *Hearthrob* on Tuesday. It features the single "Closer," a tune that sounds like Madonna in her '80s heyday, and the video is this bizarre sexytime game of Spin the Bottle with tattooed backup dancers, all of which came back into fashion exactly when, again?

• **Colton Dixon** was a finalist of *American Idol's* Season 11, and he is made entirely out of molded plastic and the tangible disdain of millions of punks worldwide. His debut album *A Messenger* will be out in the Walmarts and stuff next week, where it will live out its days forever, eventually being moved to the \$1 clearance rack next to the expired fruitcakes and Blackberry carrying cases.

• **Ben Harper** is your generation's Jimi Hendrix, sort of, and to drive this point home he randomly teams up with old mummified harmonica dude **Charlie Musselwhite** on an album titled *Get Up*. All I've heard from this album is the same thing you've heard, that song "I Don't Believe a Word You Say," basically a skuzzy Muddy Waters-style blues thing that's so sloppily produced you can't help but like it. — Eric W. Saeger

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# Princess on ice

What it's like to skate for Disney

By Kelly Sennott  
ksennott@hippopress.com

It's quite a leap, going from competitive figure skating to performing as a princess with *Disney on Ice*.

Physically, you're not training for as long or as hard, said Katie Lingen-Erickson, who will perform as Alice and Snow White in *Disney on Ice presents Treasure Troves* in Manchester next week. But performing as a Disney princess presents a different kind of challenge.

"I loved competing, and I felt like this was an extension to what I'd been working toward. It's not demanding in the same way, but it's demanding in its own way," Lingen-Erickson said.

For one thing, you're playing a character. Disney princesses smile. They're graceful and they're bursting with energy. Lingen-Erickson, when on tour, may perform as many as three times per day, and each performance has to be just as ecstatic and energetic as the one before.

"These characters are idolized. I step out onto the ice, and I hear 'Alice! Alice!' I'm their favorite character. It's rejuvenating," she said. "It can get tiring, but every time you step out on the ice, you're renewed," she said.

A native of Minnesota, she's been skating since the age of 4. She competed until she graduated high school, when she found herself at a crossroads.

"I knew that I wanted to keep skating, but it's difficult when you're going to college," Lingen-Erickson said. "My coach said to me, why don't you audition for an ice show?"

As fate had it, *Disney on Ice* was in Minneapolis at the time. She nailed a tryout and a spot on *Disney on Ice presents Mickey and Minnie's Magical Journey* in 2001.

She's now in her 11th year with *Disney on Ice*. She's since performed with *Disney On Ice presents Princess Classics*, *Disney On Ice presents Princess Wishes*, and *Disney On Ice presents A Disneyland Adventure*. She's played Tinkerbell, the Little Mermaid, and most recently, Snow White and Alice.

"This is my favorite show I've worked on," she said.

This show contains almost every major Disney story: Peter Pan in Never-Neverland, Rapunzel in her tower, Tiana and her frog prince. Characters from *Aladdin*, *Cinderella* and *The Lion King* will make appearances, too.

She's not doing the same jumps as she was 10 years ago, Lingen-Erickson said — her skating resume includes landing a triple axel in practice while she was competing



In *Disney on Ice presents Treasure Troves*, Katie Lingen-Erickson performs as Alice. Courtesy photo.

(three and a half rotations, more than any other triple jump). But today, her skating has a softer, more graceful quality.

"I still jump, still spin, I still do some of the same cool tricks, but now I skate as a princess," she said.

She had to learn how to skate with other people and props on the ice, and how to skate in sometimes bulky outfits. (Yes, it is hard to do jumps with a long skirt, she said.)

"There's an excitement every time you go out. Being one of the first performers, I get to see the audience first. I see their faces light up. You go out, smiling, and after that, you just want to do the best you can," she said.

Living on the road is a lifestyle adjustment that she's gotten used to over the years; she's traveled to Canada, Japan, Malaysia, Singapore, Thailand, Brunei, Australia, Chile, Argentina and Mexico to perform. The cast is just as international.

"You meet people from all different walks of life," she said.

Cast members are from Russia, Japan, China, Canada, England, South America, Mexico, New Zealand, South Africa.

She'd like to continue the ride for a little while longer. She met her husband on *Disney on Ice*; he's part of the crew. It's nice, she said, that she's able to share each experience with him.

"Each show is so different. There's a different audience, a different dynamic. But I still feel the same excitement that I did when I started," she said.

## On ice!

When: Wednesday, Jan. 30, at 7 p.m.; Thursday, Jan. 31, at 7 p.m.; Friday, Feb. 1, at 7 p.m.; Saturday, Feb. 2, at 10:30 a.m., 2:30 p.m. and 6:30 p.m.; and Sunday, Feb. 3, at 10:30 a.m. and 2:30 p.m.  
Where: Verizon Wireless Arena, 555 Elm St., Manchester, 644-5000  
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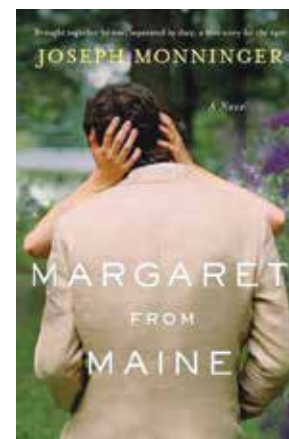
**Margaret from Maine,**  
by Joseph Monninger  
(Plume, 368 pages)

Like *Fifty Shades* of anything, there are titles you just don't carry around, even to a doctor's waiting room, lest you be judged by the cover of your book. Joseph Monninger's latest falls into this category. Its coy cover photograph of a kiss between faceless lovers screams "fluffy romance novel for bored housewives."

But *Margaret From Maine* is a better book than its cover suggests. It's the 17th offering by Monninger, who lives in New Hampshire and teaches at Plymouth State, and sheer output promises workmanlike prose, at the very least. Monninger delivers that, and occasional transcendence, in this solid, if somewhat predictable, story of an unconventional love triangle.

The namesake of the title is Margaret Kennedy, a 31-year-old mother and wife who runs a dairy farm in Maine after her Guardsman husband is catastrophically wounded in Afghanistan. Thomas Kennedy is now in a coma in a Bangor hospital, not expected to recover from his vegetative state. Because he was injured while trying to protect a younger colleague, Thomas was awarded the Congressional Medal of Honor, and his wife has been invited to the White House for the signing of a bill that will improve care for veterans in comas.

Enter Charlie King, who is assigned to escort Margaret to Washington, conveniently sans her 6-year-old son and live-in father-in-law. King is gentle, thoughtful, handsome, dashing, and understands the brutalities of war, having lost a leg for his country. He is smitten with Margaret, and much angst-filled kissing ensues. They are in bed by page 88. A lapsed Catholic, Margaret is torn between her duty to her husband, however unconscious, and her responsibilities to her 6-year-old son and the farm. But it's been six years since Tom's injury, and with no hope of his recovery, shouldn't Margaret from Maine allow herself the chance to experience love again while chasing rhododendron on the Blue Ridge Parkway?



As plots go, this does not have quite the tension of, say, the advance of a pack of bloodthirsty zombies at the edge of Atlanta. Margaret's dilemma is interesting, but not edge-of-your seat material, even with lovely writing. Nor are the intertwining stories of her son, Gordon, playing with toy soldiers at home under the care of his grandfather; or her best friend, Blake, who's

got marital woes of her own. Yes, we do want to know what happens to all of these people, but it's like riding in a car driven by your 90-year-old grandmother: getting there takes much more time than seems necessary.

One reason the plot seems so sedentary in places is that Monninger, at his best, is explosively good. The opening chapter, which describes the wounding of Sgt. Kennedy, is electric, as is the later account of Charlie King's experience in the war. Monninger's descriptives, too, are compelling. Margaret is "pretty enough for Maine, for rural life" but felt that "if she had moved away her looks would have suffered in comparison with other women." When she takes off her boots, they "released her feet slowly, gasping as they did," and the screen-door closing "sets the china in the dining room cabinet to rattling and gossiping." A toy soldier guards the sleeping Gordon, keeping "his rifled aimed at the dark space under the bed, his vision sharp and ready for the appearance of any monsters, any creatures of bed dust and rug scatter that dared to threaten his boy."

The oft-lovely writing offsets the lack of page-turner tension, and the result is a fine novel for a book club or vacation read. Right-wingers may take offense at some occasional jabs at the War on Terror and apparent affection for President Obama, but it's a good, honest look at indecent things that can happen when decent people wind up shooting at strangers in countries they can't even find on a map. But remember the cover: Despite the military camouflage, the genre is solidly romance. **B**

—Jennifer Graham

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## BOOK & LECTURE LISTINGS

### Author events

- **AUTHOR EVENT** at Derry Public Library (64 E. Broadway, 432-6140) on Wed., Jan. 30, at 6:30 p.m. Hear readings from three authors: Erin Dionne, *Notes From an Accidental Band Geek*; Gina Rosati, *Auracle*; and Jo Knowles, *See You at Harry's*.
- **ERNEST HEBERT** reading

of his 2012 novel, *Never Back Down*, at Saint Anselm College, 100 Saint Anselm Way, Manchester, in the West Wing of the New Hampshire Institute of Politics, on Thurs., Jan. 31, 4-5:30 p.m. Refreshments, question & answer session with author. Free. Call 641-7051.

• **JOSEPH MONNINGER** will talk about *Margaret From Maine* on Thurs., Jan. 31, at 7 p.m., at

Gibson's Bookstore (27 S. Main St., Concord, 224-0562).

• **MARY LEONARCZYK** will sign her book, *Mary Hartford*, at Barnes & Noble, 1741 S. Willow St., Manchester, on Sat., Feb. 2, at 2 p.m. Call 668-5557.

• **CHRIS CASKO** presents his debut novel, *The Elimination Plan*, on Thurs., Feb. 7, at 7 p.m. at Gibson's Bookstore (27 S. Main St., Concord, 224-0562,





# Book Report

## What's going on at the library?

• **Author event:** The Derry Public Library (64 E. Broadway, 432-6140) is hosting three differ-

ent authors on Wednesday, Jan. 30, at 6:30 p.m. Erin Dionne will read from *Notes from an Accidental Band Geek*. Gina Rosati will read from her book, *Auracle*; and Jo Knowles will present her novel, *See You at Harry's*. In addition to each reading, the authors will participate in a Q&A, as well as a book sale/signing. This event is for teens and adults; registration is not necessary. Visit derrypl.org.

• **Teen board meeting:** The Concord Public Library (45 Green St., Concord, 230-3682) is looking for teens to become more involved with the library and is asking teens to offer suggestions on services, books or programs at its first teen board meeting on Wednesday, Jan. 30, at 4:30 p.m. Snacks will be provided.

• **All about the ladies:** Hooksett Library's (31 Saint Marys Way, Hooksett, 485-6092) seventh annual Ladies Night Out at the library is Thursday, Jan. 31, 5:30 to 8:30 p.m. There will be more than 35 local vendors, free product samples, refreshments, door prizes, clothing, accessories, candles, crafts and more.

• **Spring reading:** The Manchester Public Library and the Manchester Historic Association have announced their spring book group series, "Books in the Mill: A Year of Booker Reads," which will be held on Thursdays in the Library Mezzanine (405 Pine St., Manchester). They'll discuss *The Remains of the Day* by Kazuo Ishiguro on Thursday, Feb. 21, 6:30-8:30 p.m.; *The Sense of an Ending* by Julian Barnes on Thursday, March 21, 6:30-8:30 p.m.; and *The Sea* by John Banville on Thursday, April 18, 6:30-8:30 p.m. — *Kelly Sennott*

gibsonsbookstore.com).

• **LISA GARDNER** drop-in at Toadstool Bookshop, Lorden Plaza, Milford, 673-1734, on Mon., Feb. 11, at 3 p.m., to sign *Touch & Go*.

• **DICK JANELLE** signs his book, *Salmon Falls 1856*, at Barnes & Noble, 1741 S. Willow St., Manchester, on Sat., Feb. 16, at 2 p.m. Call 668-5557.

• **BRUCE HEALD** presents *Gypsies of the White Mountains: History of Nomadic Culture* on Thurs., Feb. 21, at 7 p.m., at Gibson's Bookstore (27 S. Main St., Concord, 224-0562, gibsons-bookstore.com).

• **CORY DOCTOROW** will visit Gibson's Bookstore (27 S. Main St., Concord, 224-0562, gibsonsbookstore.com) on Sun., Feb. 24, at 3 p.m. to talk about *Little Brother*, *Homeland*.

• **JORIE GRAHAM**, Pulitzer Prize-winning author of *Place*, will be featured as part of the Eagle Pond Authors' Series on Thurs., Feb. 28, at 7 p.m., at Silver Center for the Arts, Plymouth State University. Followed by dessert and book signing. Free; call 535-ARTS.

• **RANDY SUSAN MEYERS** talks about *The Comfort of Lies* on Thurs., March 14, at 7 p.m., at Gibson's Bookstore (27 S. Main St., Concord, 224-0562).

## Lectures and discussions

• **CONTRA DANCING IN NEW HAMPSHIRE: THEN AND NOW** by Dudley Laufman, Thurs., Jan. 24, 2:30 p.m., 149 E. Side Drive, Concord.

• **FISHING LECTURE SERIES** at Nashua Public Library (2 Court St., Nashua, 589-4610). Bill Thompson presents "Fly Fishing in the White Mountains" on Thurs., Jan. 24, at 7 p.m.; and the series ends with a "Let's Go Fishing: Introduction to Fly-Tying" workshop on Sat., Jan. 26, 10 a.m. to 4 p.m. Registration required. Contact carol.eyman@nashualibrary.org.

• **A SOUNDTRACK FOR THE GREAT GATSBY: MUSIC OF THE JAZZ AGE** lecture by Paul Combs on Tues., Jan. 29, at 6:30 p.m., at Pelham Public Library, 24 Village Green, Pelham.

• **ABOUT FOOD AND EXERCISE** on Tues., Jan. 29, at 6:30 p.m., by presenter Melissa Koerner, at Goffstown Public

Library (2 High St., Goffstown, 497-2101).

• **HIKING THE APPALACHIAN TRAIL** an evening with Roger "Hammer" Tetreault on Tues., Jan. 29, at 7 p.m., at Amherst Town Library (14 Main St., Amherst, 673-2288).

• **DISCOVERING NEW ENGLAND STONE WALLS** lecture by Kevin Gardner, author of *The Granite Kiss*, at Wadleigh Memorial Library (49 Nashua St., Milford) on Tues., Jan. 29, at 7 p.m. Free.

• **MOVED AND SECONDED: TOWN MEETING IN NEW HAMPSHIRE** presented by Rebecca Rule, on Wed., Jan. 30, at 7 p.m., at Sandown Town Hall, 320 Main St., Stratham. Rituals, traditions and history of town meeting, including perennial characters, literature, humor, etc.

• **SHAKESPEARE'S SONNETS: LET ME NOT ... ADMIT IMPEDIMENTS** lecture by Harvard Professor C. Theoharis during Feb. themed "Speaking of Love" programs at Amherst Town Library, 14 Main St., Amherst, 673-2288, on Fri., Feb. 1, 1-2:30 p.m., and Fri., Feb. 15, 1-2:30 p.m. Free. Register by calling or emailing library@amherst.lib.nh.us or by visiting amherst.lib.nh.us.

• **"MY GRANDFATHER'S LATHE"** on Mon., Feb. 4, at 6:30 p.m., at Nashua Public Library (2 Court St., Nashua, 589-4610). Woodworker Stephen Carey shows techniques for transforming pieces of wood. Free.

• **MEDUSA AND HER BAD HAIR DAY IN THE HISTORY OF ART** on Thurs., Feb. 7, noon to 1 p.m., in the third floor auditorium, 400 Commercial St., Manchester. Presentation by Andrew Laurie Strangel, adjunct professor of art history at UNH Manchester. Free. Visit manchester.unh.edu/events.

• **PASSIONATE DISHES FOR YOUR VALENTINE** with Chef Liz Barbour at Amherst Town Library, 14 Main St., Amherst, 673-2288, on Thurs., Feb. 7, 6:30-8:30 p.m. Register by calling or emailing library@amherst.lib.nh.us or by visiting amherst.lib.nh.us. Free.

• **SYRIA: WHAT'S REALLY GOING ON?** on Sat., Feb. 9, at 11 a.m., Nashua Public Library (2 Court St., Nashua, 589-4610). Dr. Deina Abdelkader, asst. professor at UMass-Amherst, presents. Call 589-4610, visit nashualibrary.org.

• **RALLY ROUND THE FLAG: CIVIL WAR THROUGH FOLKSONG** on Mon., Feb. 11, at 7:30 p.m., at Congregational Church of Amherst, 7 Church St., Amherst. Woody Pringle and Marek Bennet present overview of the American Civil War through the lens of period music.

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POP CULTURE FILM

## Viva la French

Franco American Centre screens French films monthly



Film organizers at the Franco-American Centre in Manchester are looking to screen the critically acclaimed French film *The Intouchables* this spring.

By Jeff Mucciarone  
jmucciarone@hippopress.com

Promoting French culture and heritage, the Franco-American Centre in Manchester is going strong with its Cinema Mardi program.

"Things are going really good," said Adele Baker of the Centre.

The Centre hosts a French film screening on the third Tuesday of every month. Organizers mix in Canadian films as well.

"French cinema is a different cinematic experience than American film viewers are used to," Baker said. Joseph Theriault, who coordinates the series, said last year French films are more about character development than American films.

"I love foreign films," Baker said. "You just see things in foreign films that you don't see in American films. I don't know whether it's the cinematography or the angle of the camera or what it is. Sometimes it's a psychological subject."

The Centre continues to host French language classes, as well as various events promoting French culture and heritage. The movies are a piece of that.

"What we like to do is to make sure that people know about it," Baker said.

The Centre is gearing up to celebrate the International Francophonie Day in March, when organizations celebrate that French is an official language in 70 countries.

"We're still plugging away as far as making sure that there is French conversation," Baker said.

She said the language classes are particularly interesting for people who spoke French at one time and are looking to get back into the swing of things. Some enjoy the films as part of an effort to appreciate and understand French culture, while others just enjoy seeing French films.

### Franco-American Centre films

Films are screened at the Dana Center at Saint Anselm College at 7 p.m. on the third Tuesday of each month.

Visit [www.facnh.com](http://www.facnh.com) for and films and times.

On Tuesday, Feb. 19, the Centre will screen *A Screaming Man*.

"There are those who just really love these things. They'd either go to Red River or Wilton...just to see these things," Baker said. "They don't show these films at Cinemagic or places like that."

Baker mentioned the 2012 film *Rust and Bone*, another popular French film, by director Jacques Audiard. She said it was a "tough film" in terms of subject matter. Baker had been hoping the screening of *The Women on the Sixth Floor* would draw in folks looking for more of a feel-good film.

"That doesn't happen too often in French film," Baker said.

Theriault is in the process of trying to get some movies lined up for the next few months, Baker said.

"*The Intouchables* is coming out in March," Baker said. "We're really looking forward to getting that."

*The Intouchables*, which has screened at Red River Theatre in Concord as well as the Wilton Town Hall Theatre, has been popular. It was nominated as one of the best foreign films at the Golden Globes.

"We're getting folks to come out," Baker said. "They like them. They enjoy them and they have a little discussion afterwards. We have sort of a regular audience."

"The conversation starts in a hypothetical place," Theriault said last year. "We've created a bit of a narrative of what a, quote, French movie is." 🍷



Mama (PG-13)

A rocker chick finds herself stuck with two feral children and their supernatural caretaker in *Mama*, a good idea for a thinky, melancholy horror movie.

A good idea, but one not particularly well executed.

During the darkest days of the beginning of the Great Recession, a banker-type (Nikolaj Coster-Waldau) who, we gather, has just killed some of his coworkers and his wife, grabs his two young daughters — Victoria (Morgan McGarry) and toddler Lily (Maya and Sierra Dawe) — and hustles them in his car for a crazy-dad road trip into the woods. The car crashes; they wander around a bit and find a creeky house. The father removes nearsighted Victoria’s glasses, pulls out a handgun and is about to solidify his Worst Movie Father of 2013 So Far title when something dark and shadowy grabs him and pulls him away (as we see in hazy Victoria-vision). Victoria and Lily are now left alone in Creepy Manor but, as they sit huddled together by a fire, something in the darkness roles a cherry their way — first one, and then many.

Flashforward five years and Lucas (also Coster-Waldau), brother of the bad dad and uncle of the two girls, has spent his bank account empty searching for his nieces. His girlfriend, Annabel (Jessica Chastain), seems to tolerate this expensive means of dealing with grief — cheaper than therapy, she says. A dark-haired, kohl-eyed, tattoo-covered alterna-girl who is in a rock band and lets out a relieved “yes!” when her pregnancy test is negative, Annabel is clearly not expecting the girls to be found. So naturally the searchers, on what is probably their last search since Lucas’ check has just bounced, do find the cabin and then the skinny, dirty, animal-like girls.



Mama

After several weeks in the kind of hospital that only exists in this type of movie, the woodland-creature-like Lily (Isabelle Nelisse) and the somewhat more civilized Victoria (Megan Charpentier) are pronounced good to go home by the completely shiftly Dr. Dreyfuss (Daniel Kash). In exchange for picking Lucas and Annabel as guardians over a distant aunt (Jane Moffat), Dreyfuss gets Lucas and a not-thrilled Annabel to move into a “test case” suburban home so he can study the girls. Since suburban homes = spooky death-traps, we quickly enter the things-that-go-bump phase of the movie where slowly Dreyfuss and then Annabel start to realize that the seemingly imaginary protector the girls called “Mama” might not be so imaginary.

So here’s the good idea: *Mama* is the story of different kinds of parents and different kinds of parent-child relationships. There’s the banker and his family annihilation. There’s the devoted Lucas. There’s Annabel and her reluctance to take on the parenting role. Then there’s Mama — fiercely, dangerously protective of the girls and possessing of an equally tragic parent-

ing-related backstory. You have children fearful of unhinged parents and parent-types scared of losing children. And as into this nice emotionally fraught mix you have the refreshingly layered character of Annabel. Women in movies usually don’t get to not want children or feel uncertain about how to relate to them. Some mix of the story and the way Chastain the role makes her feel like a real person who has an arc and makes believable decisions.

All of these elements make *Mama* a good start but not a good movie. The story does nothing interesting with this set-up. In any choice of what to do, *Mama* always picks the most cliched, least surprising option and then punctuates it with overwrought music and goofy CGI. The claymation-esque special effects that create Mama are particularly ridiculous. She is, I think, supposed to be scary but the many (too many, really) times we see her are laugh out-loud funny.

*Mama* is frustrating — it could have been something different, something that married the look of a gloomy horror movie with a psychological thriller. Instead, it’s

just a glimmer of cleverness that blinks out too soon. C+

*Rated PG-13 for violence and terror; some disturbing images and thematic elements. Directed by Andres Muschietti with a screenplay by Neil Cross, Andres Muschietti and Barbara Muschietti, Mama is an hour and 40 minutes long and distributed by Universal Pictures.*

Broken City (R)

Russell Crowe follows up an iffy musical performance with an unfortunate dramatic role in *Broken City*, a story of crime and political corruption that makes *Law & Order* look like *The Wire*.

And not good, Jerry Orbach and Sam Waterson *Law & Order* but tabloidy Mariska Hargitay *Law & Order*.

*Broken City* is not afraid to use real life tragedy to create cheap movie cred. The opening scene gives us a young, be-hoodied man lying on the street and a man with a gun standing over him. Unlike the real world event the movie is riffing on, the shooter here is a cop, Billy Taggart (Mark Wahlberg). He claims that the dead man drew on him and that, despite an acquittal, he’s the man who raped and murdered a teenage girl.

You’re a hero, Mayor Hostetler (Crowe) tells Taggart, but you’re a hero against whom some really good evidence that this wasn’t self-defense has surfaced. So Hostetler and Police Chief Fairbanks (Jeffrey Wright) accept the resignation Billy didn’t plan on giving and Billy, who was just himself acquitted, disappears to the sad land of private investigations, where his days and nights are spent taking photos of unfaithful spouses.

Seven years hence, Billy is trying desperately to collect payment for these services

REVIEWLETS					
* indicates a movie worth seeing. For reviews, go to hippopress.com.					
<b>*Argo (R)</b> Ben Affleck, John Goodman. Tense, fun, fast-paced and exceptionally well done, this spy caper is based on the true story of the Iranian take-over of the American embassy in Tehran. A					
<b>Broken City (R)</b> Russell Crowe, Mark Wahlberg. A former police officer gets tangled up in the machinations of a powerful mayor in the world’s most boring political corruption story. C-					
<b>Django Unchained (R)</b> Jamie Foxx, Christoph Waltz. A bounty hunter gets a former slave, Django, to join him on a quest to hunt down the man who took Django’s wife. Lot of violence, killing and racial epithets — it’s how Quentin Tarantino					
says “Merry Christmas.” B+					
<b>Flight (R)</b> Denzel Washington, Bruce Greenwood. Denzel plays a pilot who Capt. Sully’s a plane but then has to deal with the fallout of the post-crash sobriety test. B-					
<b>Gangster Squad (R)</b> Sean Penn, Ryan Gosling. Emma Stone, Josh Brolin, Michael Peña and Anthony Mackie also appear in this tale of 1940s Los Angeles and a cops versus mobsters battle of wills. C-					
<b>Hansel &amp; Gretel: Witch Hunters (R)</b> Jeremy Renner, Gemma Aterton. The siblings from the fairy tale grow up, get kick-ass and obtain witch-killing weaponry. Opens Friday, Jan. 25.					
<b>A Haunted House (R)</b> Marlon Wayans, Cedric the Entertainer. It’s the parody of <i>Paranormal Activity</i>					
that you weren’t asking for. Opened Friday, Jan. 11.					
<b>The Hobbit: An Unexpected Journey (PG-13)</b> Martin Freeman, Ian McKellen. And, on motion capture, Andy Serkis. Once again, Peter Jackson takes us to Middle Earth in a trilogy (this one based on a single book that is something like 300 pages long). C+					
<b>The Impossible (PG-13)</b> Naomi Watts, Ewan McGregor. A British family gets caught in the 2004 tsunami. Opened Friday, Jan. 4.					
<b>Jack Reacher (PG-13)</b> Tom Cruise, Robert Duvall. Based on the books by Lee Child, Cruise plays Reacher, a former military officer turned drifter who is called into service to catch a sniper. Opened Friday, Dec. 21.					
<b>The Last Stand (R)</b> Arnold Schwarzenegger, Johnny Knoxville. The governor returns to the big screen in an action movie about whatever and also Schwarzenegger shooting stuff. Opened Friday, Jan. 18.					
<b>Les Misérables (PG-13)</b> Anne Hathway, Hugh Jackman. As well a Russell Crowe, Amanda Seyfried and Helena Bonham Carter. Dream a dream of a two and a half hour movie. C+					
<b>Life of Pi (PG)</b> Surjai Sharma, Irrfan Khan. Based on the Yann Martel novel, a teenage boy finds himself adrift in the ocean with a Bengal tiger. The big buzz here is the use of 3D in a serious film. C+					
<b>*Lincoln (PG-13)</b> Daniel Day-Lewis, Sally Field. One of the most important men in American history makes a film about Lincoln (little Steven Spielberg joke to welcome you to Oscar season!). B					
<b>Movie 43 (R)</b> Elizabeth Banks, Gerard Butler. Wherein (according to the Internet; the trailer offers pretty much no information) 12 directors produce 12 storylines that seemed designed to offend. Opens Friday, Jan. 25.					
<b>Texas Chainsaw 3D (R)</b> Alexandra Daddario, Scott Eastwood. Oh, good, another one of these and in 3D. A girl inherits family land with something living in the cellar. Opened Friday, Jan. 4.					



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## POP CULTURE FILM



*Broken City*

(seriously, a credit card before the photos of cheating husbands are handed over — how hard is that?). He lives with Natalie (Natalie Martinez), an aspiring actress, and it doesn't look like they'll be taking any trips to the Caribbean (or even, like, camping) anytime soon. So when Mayor Hostetler, now running for a third term, hands him a check for \$25,000, Billy takes it and the job, which is: follow Hostetler's wife Cathleen (Catherine Zeta-Jones) and find out who she's having an affair with.

But is she having an affair? Billy sees her meet a man but, after a conversation with Cathleen, isn't sure that what he saw is really what it appeared to be.

Meanwhile, Hostetler's uncreatively named opponent, Jack Valliant (Barry Pepper), is vowing to clean up the corruption of the mayor's administration, starting with giving a second look to a plan to sell a track of housing projects to a buyer likely to turn them into higher end properties.

Actually, that last point is, I think, a spoiler, although (1) duh and (2) it is one of several lame reveals in this lame little movie. I hate to always go to this place but really, people who made *Broken City*, have you never seen *Boss*? That Starz series about the mayor of Chicago — which, like *Spartacus*, seemed more interested in exciting new uses of nudity than story development — did the whole politicians-with-a-secret storyline just as tawdry but so much more entertainingly. And not just because of the random boobs. *Broken City* acts as if no TV show, no movie about corruption in city politics has ever existed before. Read any metro section any day of any city newspaper and you are already too jaded to be surprised by the dull "twists" of this stale story. Forget premium cable dramas, *Spin City* seems more real world than this bunch of malarkey.

And not only is it just generally bad for a movie to bore its audience, but it's particularly bad in a movie like this, one with such silly performances. Mouth open, eyes wide "well, go-ly!" is how I would characterize most of these performances — Wahlberg's in particular (maybe take a break from everything that requires holding a gun or showing a badge, there, guy, and stick to

*Ted*-type films). Zeta-Jones seems like her character's direction for every scene was "you're angry for now particular reason and a little winded." Crowe's was probably something like "if you do this scene, well give you this week's paycheck."

*Broken City* feels like a skill-free adaptation of mediocre airport novel. C-

*Rated R for pervasive language, some sexual content and violence. Directed by Allen Hughes and written by Brian Tucker, Broken City is an hour and 49 minutes long and distributed by 20th Century Fox.*

## SCREEN SHOT



### **Les Misérables In Concert: 25th Anniversary Edition**

The recently released *Les Misérables* may have done more than \$130.4 million at the box office (as of last

weekend) but I was one of those film critics who didn't, you know, get it.

But I was intrigued by the popularity of the musical so I checked out 2010's *Les Misérables In Concert: 25th Anniversary Edition*. This *Les Miz* is not a full stage production. The cast of characters — including Nick Jonas (who is, seriously, not bad) as Marius — are in costume and perform in front of a full orchestra and large concert. And, while I'm still not in love with *Les Miz*, now I get it.

Here, we have actual singers giving more life to the (still not brilliant) songs. Anne Hathaway's portrayal of doomed Fantine felt outsized in its melodrama but Lea Salonga's performance — delivered in front of a microphone though it was — actually felt richer emotionally. You'll also recognize Samantha Barks, who sings the Eponine part here as well as in the movie (where she gave the strongest performance); Norm Lewis is who sings Javert (and is currently Senate majority leader on *Scandal*) and Matt Lucas as Thenardier, best known by Americans for his small part as the odd British roommate in *Bridesmaids*.

As with the recent movie, the Thenardiers bring down the house and "I Dreamed a Dream" is the show-stopping solo. But whereas everything in the movie felt off, this concert film gives neophytes like me a better understanding of why people love this musical in spite of (and even because of) its flaws. *Les Misérables In Concert: 25th Anniversary Edition* is available on iTunes and Amazon and on DVD.

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• **Argo** (R, 2012) Thurs., Jan. 24, at 2, 5:30 & 8 p.m.; Fri., Jan. 25, through Sun., Jan. 27, at 2:45, 5:30 & 8:15 p.m.; and Mon., Jan. 28, through Thurs., Jan. 31, at 2, 5:30 & 8 p.m.

• **Hyde Park on Hudson** (R, 2012) Thurs., Jan. 24, at 2:05, 5:35 & 7:45 p.m.; Fri., Jan. 25, through Sun., Jan. 27, at 1:30, 3:45, 6 & 8:30 p.m.; and Mon., Jan. 28, through Thurs., Jan. 31, at 2:05, 5:35 & 7:45 p.m.

• **Searching for Sugar Man** (PG-13, 2012) Fri., Jan. 25, through Mon., Jan. 28, at 2 & 7 p.m.; Tues., Jan. 29, at 2 p.m.; Wed., Jan. 30, at 2 & 7 p.m.; and Thurs., Jan. 31, at 2 p.m.

• **The Killing** (NR, 1956) Tues., Jan. 29, at 7:30 p.m., as part of "Directors & their Craft" discussion series.

• **Night Nurse** (1931) Sun., Jan. 27, at 4 p.m.

• **Dr. Strangelove** (1954) Thurs., Jan. 31, at 7:30 p.m., as part of "Directors & their Craft" discussion series.

• **Groundhog Day** (PG, 1993) Sat., Feb. 2, at 11 a.m.

• **The Color Purple** (PG-13, 1985) Thurs., Feb. 7, at 7 p.m.

• **Independent Lens** Red River Theatres partnered with New Hampshire Public Television to present a free monthly series of screenings and discussions featuring films from the PBS series Independent Lens. The screenings will take place on one Tuesday per month at 6:30 p.m. through June 2013: Feb. 12, March 12, • **As Good As It Gets** (PG-13, 1997) Sun., Feb. 17, at 7 p.m.  
• **A Night Among the Stars** annual fundraiser celebrating the Oscars, Sun., Feb. 24, at 6:30 p.m.

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40 Main St. in Wilton, 654-3456, [wiltontownhalltheatre.com](http://wiltontownhalltheatre.com)

• **Silver Linings Playbook** (R, 2012) Thurs., Jan. 24, through Thurs., Jan. 31, at 7:30 p.m. with additional screenings at 2 & 4:30 p.m. on Sun., Jan. 27.

• **Les Misérables** (PG-13, 2012) Thurs., Jan. 24, at 7:30 p.m.

• **Life of Pi** (PG, 2012) Fri., Jan. 25, through Thurs., Jan. 31, at 7:30 p.m. with additional screenings at 2 & 4:30 p.m. on Sun., Jan. 27.

• **King's Row** (1942) Sat., Jan. 26, at 4:30 p.m.

**FRANCO-AMERICAN CENTRE**

Saint Anselm College, 100 Saint Anselm Drive, Manchester, [www.facnh.com](http://www.facnh.com).

• Cinema Mardi, on the third Tuesday of each month at 7 p.m. Film in French with English subtitles.

• **A Screaming Man** (2010) Tues., Feb. 19, at 7 p.m.

**MANCHESTER CITY LIBRARY**

405 Pine St., Manchester, 624-6550, [www.manchester.lib.nh.us](http://www.manchester.lib.nh.us)

• **The Avengers** (PG-13, 2012) Wed., Jan. 30, at 1 p.m.

• **Love** (1927) silent film with live musical accompaniment, Tues., Feb. 5, at 6 p.m.

• **Short Circuit** (PG, 1986) Wed., Feb. 6, at 1 p.m.

• **Battleship** (PG-13, 2012) Tues., Feb. 12, at 6 p.m. & Wed., Feb. 13, at 1 p.m.

• **Dream Girls** (PG-13, 2006) Wed., Feb. 20, at 1 p.m.

• **The Lorax** (PG, 2012) Wed., Feb. 27, at 1 p.m.

• **Conductor 1492** (1924) silent film with live musical accompaniment, Tues., March 5, at 6 p.m.

**WEST BRANCH COMMUNITY LIBRARY**

76 N. Main St., Manchester, 624-6560, [www.manchester.lib.nh.us](http://www.manchester.lib.nh.us).

• **How to Train Your Dragon** (PG, 2010) Fri., Jan. 25, at 3 p.m.

• **Hotel Transylvania** (PG, 2012) Fri., Feb. 1, at 3 p.m.

• **Here Comes the Boom** (PG, 2012) Fri., Feb. 8, at 3 p.m.

• **Alex Cross** (PG-13, 2012) Fri., Feb. 15, at 3 p.m.

• **Peter Pan** (G, 1953) Fri., Feb. 22, at 3 p.m.

**SOUTHERN NEW HAMPSHIRE UNIVERSITY**

Robert Frost Hall, 2500 River Road, Hooksett, [www.snhu.edu](http://www.snhu.edu)

• **Dr. Strangelove** (PG, 1964) Wed., Feb. 6, at 7 p.m.

• **Amadeus** (PG, 1984) Wed., Feb. 20, at 7 p.m.

• **Glory** (R, 1989) Wed., March 13, at 7 p.m.

• **Touch of Evil** (PG-13, 1958) Wed., March 27, at 7 p.m.

**NHTI**

Sweeney Auditorium, 31 College Drive, Concord, 230-4000, ext. 4101, [www.nhti.edu](http://www.nhti.edu). Friday night films are open to the public. Admission is free with a \$5 suggested donation.

• **M** (1931) Fri., Feb. 15, at 7 p.m.

• **Wild Grass** (PG, 2009) Fri., March 1, at 7 p.m.

**NASHUA PUBLIC LIBRARY**

NPL Theater, 2 Court St., Nashua, 589-4600, [www.nashualibrary.org](http://www.nashualibrary.org). Call 589-4646 for the library film line and a schedule of upcoming movies. Seating is limited. Food and drink are not permitted in the theater. Cinema Cabaret screens adult films on Tuesdays at 7 p.m. and the family film series screens on Saturdays at 2 p.m. The two film series run from October to May.

**KELLEY LIBRARY**

234 Main St., Salem, 898-7064, [www.kelleylibrary.org](http://www.kelleylibrary.org), features a movie night the first Thursday of the month at 6:30 p.m.

• **It Happened One Night** (1934) Fri., Feb. 8, at 6:45 p.m.

• **How Green Was My Valley** (1941) Fri., March 8, at 6:45 p.m.

**THE MUSIC HALL**

28 Chestnut St., Portsmouth, 436-2400, [www.themusicall.org](http://www.themusicall.org). Some of these films are being screened at Music Hall Loft, 131 Congress St. See website for details.

• **The Central Park Five** (NR, 2012) Thurs., Jan. 24, at 7 p.m.; and (in the Loft) Fri., Feb. 1, & Sat., Feb. 2, at 7 p.m.

• **A Late Quartet** (R, 2012) Fri., Jan. 25, through Sun., Jan 27, and Tues., Jan. 29, through Thurs., Jan. 31, at 7 p.m. with an additional 3 p.m. screening on Sun., Jan. 27.

• **Anna Karenina** (R, 2012) Sun., Feb. 3, and Tues., Feb. 5, through Thurs., Feb. 7, at 7 p.m. with an additional 3 p.m. screening on Sun., Feb. 3.

• **Life of Pi** (PG, 2012) Fri., Feb. 8, through Sun., Feb. 10, and Sat., Feb. 16, at 7 p.m. with an additional 3 p.m. screening on Sat., Feb. 9.

• **The Banff Mountain Film Festival World Tour** Wed., Feb. 13, at 7 p.m.

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**“KINGS ROW”** (1942)  
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# Nite Roundup

By Michael Witthaus  
mwitthaus@hippopress.com

• **In a mood:** Taking musical cues from the Allmans/Dead school of jam rock, with a dash of folk rock harmony, McKinley's Mood evoke summer even when it's subarctic outside. So order one of those beers that come with a lime in the neck and enjoy songs like "Celestial Bodies," a bluesy original from the Massachusetts-based quartet. See McKinley's Mood on Thursday, Jan. 24, at 8:30 p.m. at Strange Brew Tavern, 88 Market St. in Manchester. See [strangebrewtavern.net](http://strangebrewtavern.net).

• **Get on board:** Seacoast-based Back on the Train makes its first central New Hampshire appearance, bringing multi-instrumentalist Mac Ritchey to sit in. The group mixes roots, rock and reggae with funk and soul classics. A typical set list includes some tasty originals along with covers of Marley, Buffalo Springfield and Michael Jackson — and Stevie Wonder's "Master Blaster" when the mood strikes. See Back on the Train on Friday, Jan. 25, at 8:30 p.m. at The Barley House, 132 N. Main St. in Concord. Cover \$4. See [backonthetrainband.com](http://backonthetrainband.com).

• **Granite guy:** Though he now lives across the river in Vermont, Tom Rush belongs to New Hampshire. The Portsmouth native gave early exposure to Joni Mitchell and Jackson Browne with covers of their songs. He also wrote the timeless "No Regrets" and blew up YouTube a few years back with a hilarious version of Steven Walters' "The Remember Song." See Tom Rush on Saturday, Jan. 26, at 8 p.m. at Peterborough Players Theater, 55 Hadley Road in Peterborough. Tickets \$30 (\$35/door). See [pfmsconcerts.org](http://pfmsconcerts.org).

• **Reggae got fire:** Since December began, high-energy reggae band Hot Like Fire is a regular end-of-the-weekend fixture at a Seacoast nightspot. Featuring the fetching Kelly B. on keyboards, horns and vocals, the band regularly packs the outdoor beach bars from June through September with Marley, Toots and the obligatory "Hot Hot Hot." See Hot Like Fire on Sunday, Jan. 27, at 9:30 p.m. at La Bec Rouge, 73 Ocean Blvd. in Hampton. See [hotlikefire.net](http://hotlikefire.net).

• **Birthday bash:** DJ emeritus John "Midas" Manning celebrates a birthday with a bash at Drynk in downtown Manchester. The event kicks off the regular Tuesday night house party. Also joining are DJ Chris Beatz and Harry Reinaud; free admission for 21 and up. Tuesday, Jan. 29, at 7 p.m. at Drynk, 20 Old Granite St. in Manchester. See [facebook.com/drynk.nh.7](http://facebook.com/drynk.nh.7).

# NITE Youth in revolt

Black Veil Brides come to Manchester with Orwellian rock opera

By Michael Witthaus  
mwitthaus@hippopress.com

A ravaged dystopia is at the center of *Wretched and Divine: The Story of the Wild Ones*, the third release from Black Veil Brides, a concept record about ruling religious extremists and a young band of rebels who choose to fight back.

The fictional government is called F.E.A.R.: For Every and All Religion.

"It's supposed to be the Orwellian smiling face with the knife behind the back kind of thing," said band front man Andy Biersack in a recent phone interview. "It's a reference to a lot of the people I knew growing up in school, politically and in church who were warping the vision of positive things and using it to get people to their side, and ultimately using it for evil."

Biersack is not anti-religious; in fact, he harbors a deep fascination for the topic.

"Religion, particularly Catholicism, is something rooted in me since I was very young — there's never been something so important in my life," he said. "I always wanted to find out as much about it as I possibly can, particularly the Christian religions. That being said, my interest has always been in how people use it for positivity in their life."

*Wretched and Divine* is musically sweeping, bold and operatic, while maintaining the metallic sheen and youthful angst of the group's first two albums.

## Black Veil Brides with William Control

**When:** Sunday, Jan. 27, at 3 p.m.

**Where:** The Armory Ballroom at the Radisson Hotel, 700 Elm St. in Manchester

**Tickets:** \$19.50 and \$37.50 (VIP) at [ticketmaster.com](http://ticketmaster.com).

"I've always been a big fan of the more theatrical '70s rock stuff ... *Bat Out Of Hell* was a huge influence on me," said Biersack. "But I'm also a big fan of darker themed musicals. I'm not a show tunes guy, but I was a big fan of the original cast of *Sweeney Todd* and *Phantom of the Opera*."

Green Day's *American Idiot* also loomed large.

"Not in terms of the music, but for the way the songs tied together," said Biersack.

The title track describes the gang's attempts to rescue "the ones who don't know they exist" from "a land where chaos reigns — global disturbia." But the standout track "Devil's Choir" points out that not everyone can be saved.

"With people who are self-destructive, sometimes being supportive is counterproductive," said Biersack in an interview that's included with deluxe packages of the disc. "It's about wanting to help someone while teaching them to help themselves ... we'll care for you, but you have to find a way to get yourself up."

Biersack knows that a rock opera, punctuated with narration from William Control's Wil Francis, is both ambitious and a



Courtesy photo.

bit of a departure for the band — something he welcomes.

"All three of our records are certainly different, I don't think you can listen to the first two and say that's the same band doing the same thing," he said. "We've always been interested in growing. It's not to challenge the audience, but to keep things exciting. The bands that I love would never make the same record twice."

The upcoming Manchester show will feature material from the album.

"A lot of bands choose not to play a lot of new songs, but we tend to give our fans a lot more credit," said Biersack. "They're fans of our music so let's show them something new. They're not coming to see the same old stuff ... but we're also playing an hour and a half set and doing tons of material from all three records."

Black Veil Brides began while Biersack was still in high school — he's the only original member left in the group.

In a short time, BVB made a big mark on the rock scene, but Biersack doesn't dwell on that.

"Look, it's incremental, it's about the fan base and how we've been able to grow with our audience," he said. "There are no delusions that we're making millions of dollars or having all the accoutrements of rock stars. The reward comes from looking out at people who are genuinely excited to be there and seeing that number grow every day."

However, he's had his share of happy rock star moments.

"It's also not bad to come back to the dressing room after a sold out show and see a text message saying you have the number one record in all genres on iTunes right now over people like Rihanna," Biersack said. "It's been an amazing ride; I've grown up with this. I was 17 years old when we started touring and it's great to be 22 and make something I'm so proud of, with my best friends in the world, and get to share it with this audience." 🍷

# Beyond blues

NH-born guitarist takes instrumental approach

By Cory Francer  
cfrancer@hippopress.com

Matthew Stubbs plays the blues, but it's categorizing his music within the genre that's the challenge.

"It's blues, but it's not a blues act," Stubbs said. "It's more '60s R&B and soul, not down and out Chicago blues. I don't

even know how to describe it, which can make it hard to sell."

But Stubbs, 30, a Hampstead native and former Pinkerton Academy student, has found a career in the blues, spending about half the year gigging internationally with Mississippi blues singer and harmonica player Charlie Musselwhite and the other half with his own band.

While occasionally Stubbs will perform with a vocalist, his Boston-based band plays mostly instrumentals. The Matthew Stubbs Band has a core trio, featuring a bassist and a drummer in addition to Stubbs on guitar. Sometimes Stubbs will play with a horn section, but he's recently been trying something new in a quartet format. For his show on Saturday, Jan. 26, at the Purple Pit in



# NITE

Concord, Stubbs said he'll be playing with organist Ken Clark.

"He's probably the best B3 player in New England," Stubbs said. "I've never played with anyone like him."

Stubbs said his interest in the genre began at a young age. His father, also a guitar player, was Stubbs' first blues influence. However, as a teenager still developing his guitar skills, Stubbs said he drifted toward rock, specifically Jimi Hendrix. After discovering that Hendrix was influenced by blues pioneers like B.B. King and Buddy Guy, he became more interested in the music his idol loved, and he found his playing moving in that bluesier direction.

But unlike Hendrix, Stubbs isn't known for ripping guitar solos. He takes a more subdued approach to his playing, leaving space between notes. Stubbs said he developed his personal style partially because when playing instrumentals, his goal is to have the guitar serve the same role as a vocalist would.

"I don't sing, so the guitar is the voice, and I have to play it more melodically," he said. "A lot of instrumental is based around soloing, whether it's jazz, jam bands or funk. On the recordings, I like to keep the songs under four minutes and get in and out with the melody. Creating something without vocals that's catchy can be challenging."

Another challenge in playing instrumental music, Stubbs said, is promoting it. He said some venues are hesitant to book an act without a vocalist. He said the connotation of the word can give a sense of a more jazzy style that is hard to dance to, but when the group hits the stage it puts on an engaging show.

"I try to put it in rooms where it makes sense," Stubbs said. "It's high energy. It's not background music when it's live."

The hardware Stubbs has received backs up his guitar abilities. In 2009, just before his most recent album, *Medford & Main*, was released he was nominated for Best Blues Act in the Boston Music Awards and



Hampstead native Matthew Stubbs will play at The Purple Pit in Concord. Courtesy photo.

## The Matthew Stubbs Band

**Where:** The Purple Pit Jazz Club, 3 Pleasant St. Ext., Concord  
**When:** Saturday, Jan. 26, at 7 p.m.  
**Cost:** \$10. The Purple Pit is a BYOB venue.  
**Visit:** matthewstubbs.net or thepurplepit.com.

was named a 2009 outstanding guitarist by Blues Audience Magazine.

Though Stubbs briefly lived in Los Angeles and tours all over the world with Musselwhite, he said returning to New England always feels good for him as a blues man. While plenty of cities have strong blues scenes, Stubbs said the opportunities for a budding blues musician are plentiful in Boston and in northern New England.

"I think New England is as strong as anywhere, if not stronger, for a local scene," Stubbs said. "If you want to hustle, you can call and talk to club owners. There are many more small gigs to get out there and play." 🍷

**Nightlife listing**  
**Music, comedy & parties**  
**• JAZZ IN JANUARY** at the Concord Community Music School (23 Wall St., Concord) Fri., Jan. 25, at 7 p.m., and 9 p.m. The Musicians of Wall Street Jazz Ensemble will perform. Tickets are \$15 for adults and \$12 for seniors and students. Call 228-1196 or visit ccmusicschool.org.  
**• SANTA CROCE** will perform at the Franklin Opera House (316 Central St., Franklin) Sat., Feb. 2, at 7:30 p.m. Family band covers classic and modern hits. Tickets are \$14 (\$12 for students and seniors). Visit wearesantacroce.com.

**• POPVICH COMEDY PET THEATER** at the Rochester Opera House (31 Wakefield St., Rochester) Sat., Feb. 9, at 7 p.m. Circus performer Gregory Popovich will perform with 26 cats and dogs performing comedic stunts and tricks. Tickets \$25-\$32. Call 335-1992 or visit rochesteroperahouse.com.  
**• SWOONING VALENTINE'S DAY PARTY** at the Trumpet Gallery (8 Grove St., Peterborough) Sat., Feb. 9, at 7 p.m. Valentine's themed party featuring jazz musician Mike Wakefield. Admission is \$20 and reservations are requested by Fri., Jan. 25. Call 924-9862 or email monaadisa-brooks@gmail.com.

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**NITE**

## Coming home

Kickstarter project about more than making an album

By Michael Witthaus  
[mwitthaus@hippopress.com](mailto:mwitthaus@hippopress.com)

Tim Kile saw his first rock show in fourth grade, vowed to play music after hearing Nirvana's *Nevermind* at age 12, and formed a band at 15. The Granite State native headed for Montreal after high school to play with the first incarnation of Arcade Fire. A few years later, Kile reunited with childhood sidekick Jordan Alexander and two other New Hampshire friends to form Wild Light.

Signed by Columbia, the band recorded with producer Rob Schnapf (Elliott Smith, Beck) and vigorously toured until the label cut them loose in 2010. Given the industry's frailty, Kile really wasn't surprised, and has no regrets.

"I think when we signed a record deal, it was the last hurrah of people doing it the old way," he said while relaxing at Strange Brew. "It sucked because it failed, but it was cool in a way because I got to experience that last gasp of the old way of making records."

Kile was ready to carry on without a label — "I didn't think being dropped was the end of the world" — but the band was ready to move on. So Kile came home. After nearly a decade bouncing from city to city in pursuit of music business success, returning to Manchester in 2011 was a "conflicting experience."

But Kile quickly found a welcoming community, and most important, a way to make music on his own terms.

In early January, Kile announced plans to fund his first solo album on Kickstarter. He put together a promotional film featuring his former Arcade Fire mate Win Butler. Local cool hunters One Band, One Brand paired him with Woodies, a company that makes sunglasses from bamboo, as its featured music and merchandise of the month — offering a download of the demo track "Wasteland." Dyn, a Manchester-based Internet company, plans to host and videotape a studio performance by Kile on Jan. 31.

All this activity steers backers to the project, which must raise \$32,500 to move forward. Under Kickstarter rules, if it's not funded by the March 4 deadline, it won't happen.

"There is some nervousness about it, you put yourself on the line," Kile said. "But the goal is what it needs to be."

In fact, he said, the money is about a third of what Columbia spent making the Wild Light album.

Being with a major label taught Kile a lot about why the old order no longer works.



Tim Kile. Courtesy photo.

### Tim Kile

#### Kickstarter:

[kickstarter.com/projects/1534748707/tim-kile-new-record-whut](http://kickstarter.com/projects/1534748707/tim-kile-new-record-whut)

#### Facebook:

[facebook.com/timothykiletunes](http://facebook.com/timothykiletunes)

#### Blog:

[tim-kile.com](http://tim-kile.com)

**Next show:** Feb. 15 at the Apres Ski Party at Ragged Mountain, sponsored by 92.5 The River

"What an incredibly inefficient way to make records for this day and age," he said. "We'll get four times as much studio time for our money. It's not weird that the old way collapsed — it's a cool piece of history, but today is a much better model. It's much more direct."

He likens this patronage approach to the Italian Renaissance.

"Michelangelo didn't sign a record deal," said Kile. "As an artist I have enough confidence in what I do to say, 'look, this is what I need to make my art,' and people who care about art being made will help me do it."

Kile talked about playing live shows in and around Manchester — the best place for news is his Facebook page — and his desire to help shape the future of his hometown's arts scene. "We have a lot of major industry connections and people who are aware and observing this campaign," he said. "There is potential to feed back and start drawing resources here. It's pretty ambitious, but it's a real possibility ... my dream is not only to launch my career."

It galls him when big name bands skip the state while stopping in Portland and Boston.

"I have a chip on my shoulder about that," he said. "Austin, Texas, has this great music infrastructure, and you know what? It's one long street with a bunch of venues. That's what we have ... I would love for this scene to take off." 🍷

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**Kettle**  
Chips  
9 oz  
**\$2**

## Stay Healthy this Flu Season!

**Tussin®** DM Cough & Chest Congestion  
Non-drowsy 8 oz Compare to Robitussin Comp. \$6.99  
8 oz Comp. \$3.99 **\$2**

**PURELL®** Hand Sanitizer with LubriDerm  
8 oz Comp. \$3.99 **1.75**

**SIMPLY SALINE®** Nasal Mist Cold Formula  
with Menthall 3 oz Comp. \$6.99 **2.50**

**ZICAM®** Cold Remedy Melts, Chews  
& Lozenges 18 ct - 25 ct Comp. \$11.99 **5.99**

**6 Pack Facial Tissues**  
136 Sheet - 2 ply **4.99**

**Reach®**  
Toothbrush  
with tongue  
cleaner  
Full head - Soft  
Comp. \$2.99 **\$1**

**4 Pack**  
**Yardley®**  
Bar Soap  
4.25 oz  
Comp. \$4.99 **\$3**

**Gold**  
**Bond®**  
Ultimate  
Healing  
Cream Aloe  
6.875 oz bonus  
Comp. \$6.99 **5.49**

**New England Patriots!**

**Tees**  
Comp. \$20  
**\$7**

**Mens**  
Full Zip  
Hooded  
Sweats  
Comp. \$25  
**\$10**

**Garment Dyed**  
Sweatshirt  
Unisex Styling!  
Heavyweight Crews,  
Pull-over Hoods,  
Full Zips  
Comp. \$30-\$50  
**\$10**

**New England Patriots**  
Hoodies  
Comp. \$40  
**\$20**

**SAVE \$35**  
Ladies  
Sherpa Lined  
Fleece Jacket  
**\$15**

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Tee Shirts  
Made by Reebok®  
100% cotton  
Comp. \$12  
**\$4**

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Label  
Golf Shirts  
Mostly 100% cotton  
Some moisture  
management  
Comp. \$30-\$60  
**\$10**

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Microfleece  
Pants  
Comp. \$24  
Your Choice  
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Flannel  
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& more  
Your Choice  
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Famous  
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**Dept. Store**  
Label  
Better Toes  
Premium Cotton  
Crewnecks,  
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Comp. \$15  
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**Duraflame®**  
Jumbo 6-Element  
Infrared Heater  
with Drawer  
Thermostat with remote,  
superior furniture quality wood cabinet.  
Late shipment creates importer loss!  
**Now Save 50%**  
**\$199**

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**SALE!**  
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**\$229**

**Lifesmart®**  
6-Element  
Infrared Heater  
1300 watts heats 1800 sq. ft.  
Compare \$259  
**\$169**

**ALL 2013**  
Burpee  
Seed  
**50% OFF\***  
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Plantation Seed  
Starting Kit  
Includes tray with  
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**4.50**

**4 Shelf**  
Greenhouse  
Assembled size  
63"Hx19"Dx27"W  
Comp. \$50  
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**Squirrel**  
Proof  
Feeder  
**\$10**

**Suet**  
Cake  
Scott's Woodpecker Bar  
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**\$1**  
**2.50**  
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50lb Black Oil Sunflower..... **29.99**  
25lb Nyjer Thistle Seed..... **25**  
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**Cover IT**  
by Shelter Logic  
Backyard  
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& Storage Shed  
6'x8'x6'6", steel frame &  
waterproof cover protects plant &  
storage items, includes anchors  
**\$150**

**Famous Label**  
Women's  
3 Pk Socks  
Choose from Trousers,  
Knee Highs & Crews  
Comp. \$12-\$18  
YOUR CHOICE  
**3.99**

**2 Pack Tights** Comp. \$18..... **3.99**

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PRICES!

**HEIRLOOM**  
COLLECTION  
1 million points off yarn  
per sq. meter

2'x4'..... **\$22**  
2'x5'..... **\$50**  
3'x3'..... **\$50**  
5'x5'..... **\$125**  
7'x9'..... **\$250**  
Milano  
7'x9'..... **\$300**

**ETL®** Propane Construction Heaters

55,000 BTU fan-forced  
Comp. \$139  
**\$95**

50,000 BTU convection heat  
Comp. \$119  
**\$79**

**Ceramic Mixing Bowls**

Set of 3  
OUR REG. \$12.99  
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3 Qt  
2.5 Qt  
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**Deep Stainless Steel**  
Mixing Bowls  
.75 Qt  
Comp. \$3  
**1.25**

1.5 Qt Comp. \$4..... **\$2**  
3 Qt Comp. \$7..... **2.00**  
5 Qt Comp. \$9..... **3.00**  
8 Qt Comp. \$12..... **4.00**  
13 Qt Comp. \$19..... **\$7**  
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**Ceramic Non-stick Fry Pans**  
NATURAL alternative to traditional  
non-stick coatings  
Assorted colors

5.5" Mini Fry Pan Comp. \$9..... **\$6**  
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**Anchor Hocking®**

4 Quart Oval Roaster  
Comp. \$15  
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**30"x45"**  
Mud Room  
Mats  
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24"x36"  
Rubber  
Door Mats  
Comp. \$25  
Your Choice  
**\$10**

**Residential & Commercial**  
Area Rugs

**SALE!** Mohawk &  
Shaw  
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2'x6'..... **\$5.99**  
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**ORECK**  
ProShield®  
Air Purifier  
Truair cell filter,  
cleans easily and  
never needs replacing  
Comp. \$239.96  
**\$88**

1 year warranty  
Certified Factory Reconditioned

**Upright**  
Vac Vigor®  
Cyclonic  
1st Quality  
Comp. \$129  
**\$65**

**Disposable Aluminum Pans**

Small Loaf Pan..... **20¢**  
7" Slim Round Pan..... **20¢**  
Deep Pie Pan..... **22¢**  
Round Cake Pan..... **22¢**  
Square Cake Pan..... **25¢**  
Large Loaf Pan..... **27¢**  
Ready Mix Pan..... **35¢**  
Deluxe Broiler Pan..... **40¢**  
Casserole/Lasagna Pan..... **40¢**  
Round Deep 8" Pan..... **40¢**  
Utility Pan 13"x9"x2"..... **50¢**  
2 1/2" Deep Roaster..... **60¢**  
Square Decorative Pan..... **70¢**  
Cookie Sheet..... **80¢**  
1/2 Size Sheet Pan..... **80¢**

**Giant**  
Lasagna  
Pan  
**75¢**

Chafing Fuel..... **89¢**  
4" Deep Roaster..... **90¢**  
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Chafing Pan..... **3.99**

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**Serta®**  
Smart Comfort  
Pillow  
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**Heated Blankets**

50% SAVINGS  
**\$40** Full  
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Bath Sheet..... **6.99**  
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24"x18"x31" **\$35**  
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50 Count  
24"x24" **11.99**

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7" Slim Round Pan..... **20¢**  
Deep Pie Pan..... **22¢**  
Round Cake Pan..... **22¢**  
Square Cake Pan..... **25¢**  
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Square Decorative Pan..... **70¢**  
Cookie Sheet..... **80¢**  
1/2 Size Sheet Pan..... **80¢**

**Giant**  
Lasagna  
Pan  
**75¢**

Chafing Fuel..... **89¢**  
4" Deep Roaster..... **90¢**  
Large Roaster Pan..... **1.00**  
Water Chafing Pan..... **1.29**  
Chafing Pan..... **3.99**

**Lamp Sale!**

50% SAVINGS

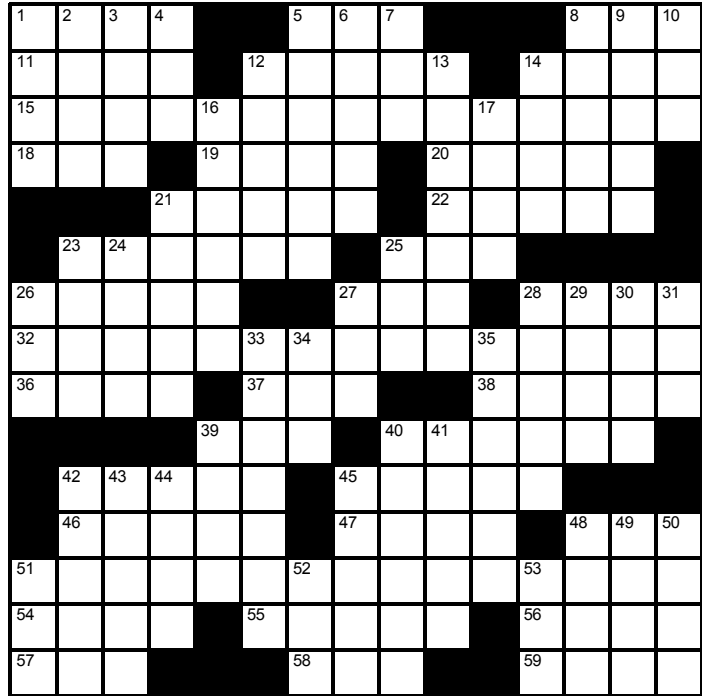
27"-30" Comp. \$50..... **\$25**  
22"-26" Comp. \$40..... **\$20**  
20"-28" Comp. \$30..... **\$15**



# I feel the pain of everyone, then I feel puzzled

Across

- 1. Duran Duran ‘Girls On \_\_\_’
- 5. Outfield “I just want to \_\_\_ you love tonight”
- 8. 70s ‘Toby’ soul band \_\_\_-Lites
- 11. ‘00 Vertical Horizon hit ‘You’re \_\_\_’ (1,3)
- 12. How teenagers get into over-21 show
- 14. Pedro The Lion ‘Suspect \_\_\_ The Scene’
- 15. ‘96 Shawn Colvin album ‘A \_\_\_’ (3,5,7)
- 18. What catering allowed band to do
- 19. ‘Whiplash Smile’ Billy



- 20. Dinosaur Jr “See me, ‘cause I lost my \_\_\_”
- 21. CA Yo La Tengo label
- 22. Good managers remember most
- 23. What Christopher Cross did?
- 25. ‘Let \_\_\_ Cry’ Hootie & The Blowfish
- 26. ‘Walk Away Renee’ Left \_\_\_
- 27. Steve Martin ‘King \_\_\_’
- 28. T Rex ‘Life’s \_\_\_’ (1,3)
- 32. ‘02 No Doubt ‘Rock Steady’ hit (10,2,3)
- 36. Dinosaur Jr “Feel the \_\_\_ begin to scar”
- 37. Tito Puente ‘\_\_\_ Como Va’
- 38. Good \_\_\_ Miss Molly
- 39. Astonish, with playing
- 40. Kevn of Drivin’ N’ Cryin’
- 42. \_\_\_! Team (3,2)
- 45. Meat Loaf ‘\_\_\_ For You (And That’s The Truth)’ (2,3)
- 46. Nick of 311
- 47. Position in festival lineup

1/17



- 48. Post-Sex Pistols Johnny Rotten band Public Image \_\_\_
- 51. Joe Walsh ‘\_\_\_ Guy’ (8,7)
- 54. What crowd did during ballad
- 55. Korn ‘For \_\_\_’ (2,3)
- 56. Brother Cane ‘\_\_\_ In The Bed I Make’ (1,3)
- 57. Grateful Dead ‘Viola \_\_\_ Blues’
- 58. ‘88 Dinosaur Jr album
- 59. Eagles ‘The Sad \_\_\_’

Down

- 1. Guster song off ‘Lost And Gone Forever’
- 2. ‘By The Time \_\_\_ To Phoenix’ Glen Campbell (1,3)
- 3. Rockabilly guy/producer Nick
- 4. ‘Tears’ Force \_\_\_
- 5. What roadie will do, pre-show
- 6. What record store does
- 7. Improv musician’s need
- 8. Famous music exec Davis
- 9. Gaslight Anthem ‘\_\_\_ Looking At You, Kid’
- 10. Need them to drink
- 12. Alkaline Trio song inspired by sexy Beatles?
- 13. REM ‘What’s The Frequency, \_\_\_?’
- 14. ‘09 Dinosaur Jr album
- 16. Rhett of Old 97’s
- 17. Pipa shape
- 21. American Idol Clay
- 23. Immortal ‘Suns That \_\_\_ Below’
- 24. Every Avenue ‘Between You \_\_\_’ (3,1)
- 25. Goo Goo Dolls ‘Livin’ In A \_\_\_’
- 26. Indigo Girls ‘Back On The \_\_\_ Y’All’
- 27. Rick Springfield album he recorded while on his path?
- 28. A sound (1,4)
- 29. Van Morrison ‘Full Force \_\_\_’
- 30. Vonda Shepard’s cameo show \_\_\_ McBeal
- 31. Drummer Dunbar
- 33. \_\_\_ No Cry (2,5)
- 34. Luscious Jackson’s is ‘Naked’
- 35. Lillian Axe song that gets set aflame?
- 39. Depeche Mode ‘Barrel Of \_\_\_’ (1,3)
- 40. Won Grammy w/Orbison in ‘89 for ‘Crying’ (1,1,4)
- 41. Joan Jett ‘\_\_\_ Rock ‘N Roll’ (1,4)
- 42. ‘Never Been To Spain’ \_\_\_ Dog Night
- 43. Cali punk-hoppers (3,2)
- 44. Chemical Brothers ‘\_\_\_ Planet Dust’
- 45. U2 “When all I want \_\_\_” (2,3)
- 48. Faces ‘Ooh \_\_\_’ (2,2)
- 49. Katy Perry ‘Last Friday Night (\_\_\_)’
- 50. Half of ‘World Clique’ band
- 51. Adam Young band \_\_\_ City
- 52. Skid Row drummer Affuso
- 53. ‘Troublizing’ Ocasek

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Written By:  
Todd Santos

**She told me I couldn't afford to go to The Rib Shack anymore to drink the 34 oz. Bubba Beers and that I would have to quit. Then I caught her spending \$65.00 dollars for makeup. I asked her how come I had to give up stuff and she didn't. She said she needed the makeup to look pretty for me. I told her that's what the Bubba Beers were for. I don't think she's coming back!**

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**\$5 Margaritas**

**\$2 TUESDAYS**  
**\$2 Drafts ALL DAY**

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**NEW Red & White Specials**

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**\$9.50 Pitchers ALL DAY**

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**Frozen Drink Specials**

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**\$5 Well Drinks**

**PROMOS**

**SUNDAY, January 27<sup>th</sup> 7–9PM**  
**BUD LIGHT PRO BOWL • BUD LIGHT PROMO**  
**VEGAS TRIP & MORE GIVEAWAYS**

**THURSDAY, January 31<sup>st</sup> 7–9PM**  
**Jose Cuervo Silver**  
**JOSE CUERVO SILVER & SILVER GIRLS**

**SUNDAY, February 3<sup>rd</sup> 4–9PM**  
**ROCK 101.1 MEGA FM**  
**SUPER BOWL SUNDAY**  
**ROCK 101.1 PREGAME TAILGATE PARTY 4-6PM**  
**BUDLIGHT PROMO VEGAS TRIP & MORE 6-8PM**

**SUNDAY, February 15<sup>th</sup> 8–10PM**  
**FIRST CALL TO LAST CHAIR (SKI PROMO)**

**SUN: 7:30AM–10PM • MON: 11AM–10PM • TUES & WED: 11AM–12 MIDNIGHT • THURS & FRI: 11AM–1AM • SAT: 9AM–1AM**



**TUESDAYS AND WEDNESDAYS** 8:30 PM to CLOSE

**Bowling Specials!**

**\$13 PER PERSON on:**

**THURSDAYS** 9PM to CLOSE  
ALL YOU CAN BOWL AND FREE PIZZA SLICES!

**City Sports Grille**  
Sports Bar • Pub-Style Menu

**LIVE MUSIC**

Friday 1/25 **THE WORKING STIFFS**

Saturday 1/26 **JONNY AFTER FIVE**

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**SPARE TIME** Family Fun Center

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Live Bands Every Weekend  
Never a Cover Charge!  
Over 100 Beers, 38 on Tap!  
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**Karaoke**  
w/ DJ S.O.B.

**FRIDAY, JANUARY 25<sup>TH</sup>**  
**Lydia Warren Band**

**SATURDAY, JANUARY 26<sup>TH</sup>**  
**Almost Famous**

**TUESDAYS**  
**BAR PUB FUN • TRIVIA - 8PM**

**HAPPY HOUR:**  
**Mon-Thurs, 3-5PM**  
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**hippo nights**

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**Wednesday, Feb 6<sup>th</sup> • 6pm**  
Giveaways, Prizes & Live Entertainment  
from 2012 Best-Of Winners:  
Singer Alli Beaudry &  
Comedian Mike Koutrobis

Try our new BAP and vote for it as **BEST SANDWICH!**  
**One-Day-Only Special:**  
**Beer & BAP: \$9.99**  
**Chipotle Chicken Avocado Bap & a Sam Adams Beer!**

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READERS POLL  
FEBRUARY 1-30, 2013

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**TOP BOSTON COMEDIANS**  
Tom Hayes • Rob Steen • Mark Scalia

Join us for a night of great comedy!

**6<sup>TH</sup> ANNUAL**  
**QUEEN CITY ROTARY**  
**COMEDY BOWL**

**Saturday, January 26, 2013**  
Doors open at 7pm • Show starts at 8pm

**Hellenic Community Center**  
(next to St. George Orthodox Cathedral)  
650 Hanover St., Manchester, NH

Tickets: \$30 per person • Reservations: 603-657-6289  
Tailgating Fare • Cash Bar • Silent Auction • Raffles  
Event benefits local children's organizations

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**Manchester's Home of the DUELING PIANOS SHOW**

Saturdays | 8PM  
Bar & Table Seating \$13  
Front Row Seating \$20

**Thank you**  
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for Comedy—  
Third Consecutive Year in a Row!

**Winner**  
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**Boynton's TAPROOM**  
ELEGANT • COMFORTABLE • BOLD  
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Doors open at 6:30pm • 603.623.7778  
Located at 155 Dow Street (Beside Fratello's) Manchester, NH  
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**DUELING PIANOS**

**BEST**  
2011 Hippo Reader

**Hippo**  
BEST OF 2010

**BEST**  
2010

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MUSIC THIS WEEK		
<b>Allenstown</b> Ground Zero 48 Allenstown Road	<b>Candia</b> Henderson’s Pickin’ Parlor 179 Raymond Road, 483-5001	<b>Steve-N-James Tavern</b> 187 Rockingham, 434-0600
<b>Amherst</b> Club Comedy at Amherst Country Club 72 Ponemah Road, 673-9908	<b>Concord</b> The Barley House 132 N. Main St., 228-6363 Granite Restaurant & Bar 96 Pleasant St., 227-9000 Hermanos 11 Hills Ave., 224-5669 Loudon Road Restaurant and Pit Road Lounge 388 Loudon Road 226-0533 Makris 354 Sheep Davis Road, 225-7665 Penuche’s Ale House 6 Pleasant St., 228-9833 The Purple Pit Jazz Club 3 Pleasant St., Ext., 832-8876 The Red Blazer 72 Manchester St., 224-4101 True Brew Barista 3 Bicentennial Square, 225-2776	<b>Dover</b> American Legion Post 8 640 Central Ave. Barley Pub 83 Washington St.,742-4246 Dover Elks Lodge 282 Durham Road Dover Bowl 887 Central Ave.,742-9632 Dover Brick House 2 Orchard St., 749-3838 11th Frame Bar 887B Central Ave., 742-9632 Fury’s Publick House 312 DW Hwy, 617-3633 Jimmy’s Sports Bar 15 Mechanic St., 740-4477 Kelley’s Row 421 Central Ave., 750-7081 The Loft at Stafford Farms 58 Route 108, 743-3045 RJ’s 83 Washington St. Roger’s Pizza 869 Central Ave., 742-9870 Top of the Chop One Orchard St., 740-0006
<b>Barrington</b> Chip ‘N Run Pub Nippo Lake Golf Course, 550 Province Road, 664-2030	<b>Barnstead</b> Barnstead Music Hall 96 Maple St., 269-2000	<b>Goffstown</b> Village Trestle 25 Main St., 497-8230 Wa Toy 611 Mast Road, 668-1088
<b>Bedford</b> Bedford Village Inn (BVI) 2 Olde Bedford Way, 472-2001	<b>Davisville</b> Muddy Pond Jazz Deal grounds of Davisville Flea Market, 805 Route 103 East (Exit 7 off I-89), 746-4000	<b>Hampstead</b> The Pasta Loft 220 E. Main St., 378-0092 Route 111 Village Square 472 State St., 329-6879
<b>Belmont</b> The Lodge at Belmont Route 106, 877-872-2501 Top of the Town 88 Ladd Hill Rd, 528-3244 El Jimador Mexican Restaurant 171 DW Highway, 527-8122	<b>Deerfield</b> Lazy Lion Café 4 North Road, 463-7374	<b>Hampton</b> Boardwalk Inn 139 Ocean Blvd., 929-7400 Breakers By the Sea 409 Ocean Blvd, 926-7702 La Bec Rouge 73 Ocean Blvd, 926-5050 Old Salt 409 Lafayette Road, 926-8322 Sea Shell Stage on Ocean Blvd. Ron’s Landing 379 Ocean Blvd, 929-2122, Wally’s Pub 144 Ashworth Ave., 926-6954 Whales Tales 169 Ocean Blvd, 967-4771
<b>Boscawen</b> Alan’s 133 N. Main St., 753-6631	<b>Derry</b> Adams Opera House 29 W. Broadway Coffee Factory 55 Crystal Ave., 432-6006 Halligan Tavern 32 W. Broadway, 965-3490	<b>Henniker</b> Daniel’s Main Street, 428-7621 Pat’s Peak Sled Pub 24 Flanders Road, 888-728-7732 The Henniker Junction 24 Weare Road, 428-8511
<b>Bow</b> Chen Yang Li 520 South St. 228-8308		
<b>Bristol</b> The Back Room at The Mill 2 Central St., 744-0405		

<b>Thursday, Jan. 24</b> <b>Concord</b> Granite Restaurant: CJ Poole Hermanos: Paul Heckel & John Hunter	<b>Londonderry</b> Coach Stop: MB Padfield Whippersnappers: Gentlemen Outfit	<b>Merrimack</b> The Homestead: Tony Santesse	<b>Ri Ra:</b> Joel Cage <b>Rudi’s:</b> Chris Klaxton & Guest <b>Thirsty Moose:</b> Bad Baby	<b>Fury’s:</b> Tim McCoy and the Papercuts <b>Kelley’s Row:</b> Livin the Dream	<b>Wally’s Pub:</b> The Old Bastards
<b>Dover</b> Brick House: James McGarvey Fury’s: Maganahan’s Revival	<b>Manchester</b> Club 313: DJ Pez Derryfield: Jeff Mrozek Fratello’s: Jazz Night Jokers: Steve Tolley Milly’s Tavern: Lakes Region Big Band Raxx: DJ Jay Shaskeen: KYOTY, Thunderhawk, Vessel Stage Door: Nate and Demetri Strange Brew: McKinley’s Mood	<b>Milford</b> J’s Tavern: Racheal Vogelza		<b>Exeter</b> Shooters: Chris Bartell	
<b>Gilford</b> Patrick’s Pub: Matt Langley		<b>Nashua</b> Fody’s: Matt Jackson Band		<b>Gilford</b> Patrick’s Pub: Jim Hollis	
<b>Goffstown</b> Village Trestle: Lisa Marie		<b>Newmarket</b> Stone Church: Live Irish Music, Local Indie Showcase		<b>Goffstown</b> Village Trestle: The Tom Dixon Band	<b>Londonderry</b> Coach Stop: Joe McDonald Whippersnappers: Soundtrack to Monday
<b>Laconia</b> Pitman’s Freight Room: Wendy Nottonson Quartet	<b>Meredith</b> Giuseppe’s: Vagabond Blue	<b>Plaistow</b> 2 Sisters Bar & Lounge: Preciphest Rocks	<b>Portsmouth</b> Dolphin Striker: Tim Theriault, Brick Yard Blues Press Room: Bob Halperin	<b>Hampstead</b> Route 111 Village Square Restaurant: Leavin Eden	<b>Manchester</b> British Beer Company: Lydia Warren Band Club 313: DJ Bob Derryfield: Last Laugh Fratello’s: Marc Apostolides Jokers: Corey Brackett Murphy’s Taproom: Spiral Circus



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 40 Nashua St., 769-3119  
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 63 Union Sq., 249-9222  
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6026  
**Killarney's Irish Pub**  
Holiday Inn, 888-1551  
**Lafayette Club**  
34 High St, 889-9860  
**Martha's Exchange**  
185 Main St., 883-8781  
**McKenzie's Restaurant  
and Bar**  
96 Main St., 577-1151  
**Michael Timothy's**  
212 Main St., 595-9334  
**Nashua Garden**  
121 Main St., 886-7363  
**Old Amsterdam Bar**  
8 Temple St., 204-5501  
**The Peddler's Daughter**  
48 Main St., 880-8686  
**Penuche's Ale House**  
4 Canal St., 595-9831  
**Pine Street Eatery**  
136 Pine St., 886-3501  
**The Polish American  
Club**  
15 School St., 889-9819

**House**  
58 Lowell St.

**603 Lounge**  
14 W. Hollis St., 821-5260

**Slade's Food & Spirits**  
4 W. Hollis St., 886-1334

**Stella Blu**  
70 E. Pearl St., 578-5557

**Studio 99**  
17 Factory St., 562-5179

**Unums**  
47 E. Pearl St., 821-6500

**Villa Banca**  
194 Main St., 598-0500

**Wicked Twisted Bar  
& Grill**  
38 E. Hollis St., 577-1718,  
wickedtwistedbarandgrill.  
com

**Molly's Tavern**  
35 Mont Vernon Road,  
487-2011

**Flying Goose Brew Pub  
& Grille**  
40 Andover Road, 526-  
6899

**Lamprey River Tavern**  
110 Main St., 659-3696  
**KJ's Sports Bar**  
N. Main St., 659-2329  
**Stone Church**  
5 Granite St., 650-7700

**Hen House Sports Bar  
& Grill**  
85 S. Main St., 382-1705

**Shooters**  
116 Bridge St., 635-3577

**Harlow's Pub**  
3 School St., 924-6365  
**Peterborough Players**  
**Theater**  
Hadley Road

**2 Sisters Bar & Lounge**  
20 Plaistow Rd., 974-2406  
**Corner Pocket**  
181 Plaistow Rd.,  
382-3130  
**Dugout Grille**  
93 Main St., 819-4947  
**The Sad Café**  
148 Plaistow Rd., 382-8893

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**Blue Mermaid Island**  
Grill hill at Hanover and  
High streets, 427-2583  
**Daniel Street Tavern**  
111 Daniel St.  
**Dolphin Striker**  
15 Bow St., 431-5222  
**Fat Belly's**  
2 Bow St., 610-4337

64 Market St., 431-9122  
**The Hilton Garden Inn**  
 100 High St., 431-1499  
**Jitto's Supersteak**  
 3131 Lafayette Road,  
 436-9755  
**Martingale Wharf**  
 99 Bow St., 431-0901  
**The Music Hall**  
 104 Congress St.,  
 433-3100  
**Paddy's American Grill**  
 27 International Drive,  
 430-9450

45 Pearl St., 431-0148  
**Press Room**  
 77 Daniel St., 431-5186  
**The Red Door**  
 107 State St., 373-6827  
**Red Hook Brewery**  
 35 Corporate Drive,  
 430-8600  
**Ri Ra Irish Pub**  
 22 Market Sq., 319-1680  
**Rudi's**  
 20 High St., 430-7834  
**Rusty Hammer**  
 49 Pleasant St., 436-9289  
**Thirsty Moose Tap House**  
 21 Congress St., 427-8645  
**The Wet Bar**  
 172 Hanover St.

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**Freetown Yankee**  
**Market** 58 Route 27,  
895-3418

**Black Water Grill**  
43 Pelham Road, 328-9013

**Jocelyn's Lounge**  
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870-0045

**Murray's Tavern**  
326 S. Broadway,  
894-9100

**Sayde's Restaurant**  
136 Cluff Crossing Road,  
890-1032

**The Varsity Club**  
67 Main St., 898-4344

**American Legion Post 70**  
169 Walton Road  
**Chop Shop Pub**  
920 Lafayette Road,  
474-6001  
**Honey Pot Bar &  
Lounge**  
920 Lafayette Road,  
760-2013  
**Master McGrath's**  
Route 107, 474-6540  
**Prime Time Sports Grill**  
620 Lafayette Road,  
760-7230

**One Mile West Tavern**  
6 Brook Road, 863-7500  
**Sunapee Coffee House**  
Methodist Church, Route  
11

**Pine Hill Auditorium**  
Pine Hill Waldorf School,  
77 Pine Hill Drive

**Jonathon's Lounge**  
Park Place Lanes, Route  
28, 800-892-0568

**Raxx:** DJ Mike  
**Shaskeen:** Bruce Jacques  
**Stage Door:** Almost Famous  
**Strange Brew:** Mr. Nick & The  
 Dirty Tricks

**Meredith**  
**Giuseppe's:** Michael Bourgeois,  
DJ B.O.B.

**Merrimack**  
The Homestead: Jen Oldham

**Milford**  
**Clark's Tavern:** Charlie Chris-  
 tos  
**J's Tavern:** Catfish Howl  
**Pasta Loft:** Fatback

## Nashua

### Fody's: Gumbo Diablo

**Killarney's:** Karen Grenier  
**Old Amsterdam:** Kim Riley  
**Peddler's Daughter:** Mindseye  
**Stella Blu:** Gentlemen Outfit

## Newmarket

**Stone Church:** Big Ol' Dirty Bucket Eight Feet Tall

**Plaistow**  
**2 Sisters Bar & Lounge:**  
 Shameless  
**Sad Café:** They, Them, and Us,  
 3 Mile Island

**Portsmouth**  
**Blue Mermaid:** Seth Gooby and Peter Squires  
**Gas Light Co.:** DJ Koko P, Sev, Brooks Hubbard  
**Press Room:** Juliet and the

Lonesome Romeos  
**Red Door:** George Vala, Audio-prophecy  
**Rudi's:** Duke & Guest  
**Thirsty Moose:** Old Abode

### Seabrook

**Honey Pot:** Ghosts of Rory, A Minor Revolution

**Saturday, Jan. 2**  
**Boscawen**  
Alan's: Spin Echo Band

**Concord**  
**Hermanos:** Tim Gurshin  
**Loudon Road Restaurant & Pit Road Lounge:** Turn it Loose  
**Purple Pit:** Matthew Stubbs  
**Band**  
**Red Blazer:** Red Letter Reunion

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## NITE MUSIC THIS WEEK

**Dover**  
**Brick House:** A Simple Complex, East is East  
**Fury's:** Watkinsonics  
**Kelley's Row:** Gazpacho

**Epsom**  
**Circle 9 Ranch:** Craig Kendall & Northwood Playboys

**Exeter**  
**Shooters:** Shifters

**Gilford**  
**Patrick's Pub:** The Sundogs

**Goffstown**  
**Village Trestle:** Jonathan Webster Band

**Hampstead**  
**Pasta Loft:** Mr. Nick & The Dirty Tricks  
**Route 111 Village Square Restaurant:** Lunch Box

**Hampton**  
**Wally's Pub:** Rage

**Henniker**  
**Pat's Peak Sled Pub:** Dusty Gray

**Hollis**  
**Alpine Grove:** The Slakas

**Laconia**  
**Tower Hill Tavern:** Michael Vincent and Doubleshot

**Londonderry**  
**Coach Stop:** Jeff Mrozek  
**Whippersnappers:** Ript

**Manchester**  
**Boynton's Taproom:** Dueling Pianos  
**British Beer Company:** Almost Famous  
**Club 313:** DJ Bob  
**Derryfield:** Mirage  
**Fratello's:** Marc Apostolides  
**Jam Factory:** Purging Sin New England, Happy Time Harry, Backdrive, Ultrasonic  
**Jokers:** Will Metivier  
**Raxx:** DJ Mike

**Shaskeen:** Viral Sound  
**Stage Door:** Seconds to September  
**Strange Brew:** Snakestretchers!

**Meredith**  
**Giuseppe's:** Putnam Pirozzoli, No Limitz

**Merrimack**  
**The Homestead:** Lachlan MacLearn

**Milford**  
**Clark's Tavern:** Ryan Bossie  
**J's Tavern:** Roxanne and the Voodoo Rockers  
**Pasta Loft:** The Rockingham Boys

**Nashua**  
**Fody's:** Chuck and John Band  
**Killarney's:** Karen Grenier  
**Old Amsterdam:** Joe Young  
**Peddler's Daughter:** Take 4  
**Stella Blu:** Joe McDonald

**Newmarket**  
**Stone Church:** Paranoid Social

## NITE CONCERTS

<b>Capitol Center for the Performing Arts</b> 44 S. Main St., Concord, 225-1111, ccanh.com	<b>Leddy Center</b> 38c Ladd's Lane, Epping, 679-2781, ledodycenter.org	934-1901, themiddlenh.org	rochesteroperahouse.com
<b>The Colonial Theatre</b> 95 Main St., Keene, 352-2033, thecolonial.org	<b>Lowell Boarding House Park</b> 40 French St., Lowell, Mass., www.lowellsummermusic.org	<b>The Music Hall</b> 28 Chestnut St., Portsmouth, 436-2400, themusichall.org	<b>Stockbridge Theatre</b> Pinkerton Academy, Route 28, Derry, 437-5210, stockbridgetheatre.com
<b>Dana Humanities Center at Saint Anselm College</b> 100 Saint Anselm Drive, Manchester, 641-7700, anselm.edu/dana	<b>Lowell Memorial Auditorium</b> East Merimack Street, Lowell, Mass., 978-454-2299, lowellauditorium.com	<b>The Old Meeting House</b> , 1 New Boston Road, Francestown	<b>Tupelo Music Hall</b> 2 Young Road, Londonderry, 437-5100, tupelohall.com
<b>The Flying Monkey</b> 39 S. Main St., Plymouth, 536-2551, flyingmonkeynh.com	<b>Meadowbrook U.S. Cellular Pavilion</b> 72 Meadowbrook Lane, Gilford, 293-4700, meadowbrook.net	<b>Palace Theatre</b> , 80 Hanover St., Manchester, 668-5588, palacetheatre.org	<b>Verizon Wireless Arena</b> 555 Elm St., Manchester, 644-5000, www.verizonwirelessarena.com
<b>Hampton Beach Casino Ballroom</b> 169 Ocean Blvd., Hampton Beach, 929-4100, casinoballroom.com	<b>The Middle Arts &amp; Entertainment Center</b> 316 Central St., Franklin,	<b>Prescott Park Arts Festival</b> 105 Marcy St., Portsmouth, www.prescottpark.org, 436-2848	<b>Whittemore Center Arena, UNH</b> 128 Main St., Durham, 862-4000, www.whitt-center.com
		<b>Rochester Opera House</b> 31 Wakefield St., Rochester, 335-1992,	

- **The Manhattan Transfer** Thurs., Jan. 24, at 7:30 p.m., Cap Center
- **Paul Byrom** Fri., Jan. 25, at 8 p.m., Tupelo
- **Martin Sexton** Sat., Jan. 26, at 7:30 p.m., Flying Monkey
- **Blue Oyster Cult** Fri., Feb. 1, at 7:30 p.m., Flying Monkey
- **Eddie Money** Fri., Feb. 1, at 8 p.m., Colonial Theatre
- **Commander Cody** Fri., Feb. 1, at 8 p.m., Tupelo
- **DeadPhish 2** Sat., Feb. 2, at 7:30 p.m., Flying Monkey
- **Sixpence None the Richer** Sat., Feb. 2, at 8 p.m., Tupelo
- **Savoy Brown** Thus., Feb. 7, at 8 p.m., Tupelo
- **Kathleen Edwards** Fri., Feb. 8, at 8 p.m., Tupelo
- **Gandalf Murphy and the Slambovian Circus of Dreams** Sat., Feb. 9, at 8 p.m., Tupelo
- **Pink Floyd Experience** Sun., Feb. 10, at 7 p.m., Dana Center
- **Liz Longley** Thurs., Feb. 14, at 8 p.m., Tupelo
- **Honky Cats: Dueling Pianos** Fri., Feb. 15, at 8 p.m., Colonial Theatre
- **Karen Grenier** Sat., Feb. 16, at 8 p.m., Tupelo
- **Maroon 5** Sun., Feb. 17, at 7:30 p.m., Verizon Wireless Arena
- **Soul Rebels** Sun., Feb. 17, at 7:30 p.m., Music Hall
- **Max Creek** Fri., Feb. 22, at 8 p.m., Tupelo
- **Indigo Girls** Sat., Feb. 23, at 8 p.m., Music Hall
- **Mike Doughty** Sat., Feb. 23, at 8 p.m., Tupelo
- **James Hunter** Sun., Feb. 24, at 7 p.m., Tupelo
- **The Who** Sun., Feb. 24, at 8 p.m., Verizon Wireless Arena
- **Ed Kowalczyk** Thurs., Feb. 28, at 7:30 p.m., Colonial Theatre
- **Aaron Carter** Sat., March 2, at 7 p.m., Tupelo
- **The Saw Doctors** Sun., March 3, at 7 p.m., Tupelo
- **Peter Dinklage** Fri., March 8, at 7:30 p.m., Palace
- **James McMurtrey** Sat., March 9, at 8 p.m., Tupelo
- **The Beach Party Boys, The Jersey Kid** Fri., March 15, at 7:30 p.m., Palace
- **The Spirit of Johnny Cash** Fri., March 15, at 8 p.m., Rochester Opera House
- **Dueling Pianos: Maximum Audience Participation** Sat., March 16, at 8 p.m., Rochester Opera House
- **Rusted Root** Sat., March 16, at 8 p.m., Tupelo
- **Celtic Woman** Sun., March 17,



## TOM DIXON AT THE TRESTLE



Local country favorite the Tom Dixon Band broke onto the scene with its debut album *Truckin'* and will be rolling into the Village Trestle (25 Main St., Goffstown) on Friday, Jan. 25, from 8 p.m. to midnight. Call 497-8230 or visit [villagetrestle.com](http://villagetrestle.com).

Club

### Plaistow

**2 Sisters Bar & Lounge:** Alex Kelly & Kelsey Warren  
**Sad Café:** The Arcane Comedy, The Deep North, Color Collective, MB Padfield

### Portsmouth

**Blue Mermaid:** Jamsterdam  
**Dolphin Striker:** Rhythm Method  
**Gas Light Co.:** DJ Koko P, Dave Clark, Jimmy D  
**Press Room:** Jim Dozet Group  
**Red Door:** Matt McNeill, Gary Kim  
**Rudi's:** Chris Klaxton & Guest  
**Thirsty Moose:** Todo Bien

### Salem

**Jocelyn's:** Mike Gacek

### Seabrook

**Chop Shop Pub:** Double Shot

### Sunday, Jan. 27

#### Concord

**Hermanos:** John Franzosa

### Dover

**Brick House:** DJ Erich Kruger

### Hampton

**Ron's Landing:** Michael Troy  
**Wally's Pub:** Rob Benton

### Londonderry

**Whippersnappers:** Brooks Hubbard

### Manchester

**Jam Factory:** The Blind Commissioner, Lost Thoughts, The Side Project, Fatal Force

### Portsmouth

**Dolphin Striker:** Jim Gallant  
**Press Room:** Jon Lorentz Quartet  
**Red Door:** Green Lion Crew  
**Rudi's:** Sharon Jones

### Monday, Jan. 28

#### Concord

**Barley House:** Dave Tonkin  
**Hermanos:** John Franzosa

### Londonderry

**Whippersnappers:** Tim Theriault

riault

### Manchester

**Fratello's:** Rob Wolfe

### Meredith

**Giuseppe's:** Lou Porrazzo

### Merrimack

**The Homestead:** Charlie Christos

### Nashua

**Studio 99:** Ukulele Club

### Portsmouth

**Dolphin Striker:** Old School  
**Press Room:** Jim Dozet Trio  
**Red Door:** Jay Psaros

### Tuesday, Jan. 29

#### Concord

**Barley House:** Traditional Irish Session  
**Hermanos:** Brad Myrick

### Dover

**Fury's:** Tim Theriault and Friends

### Londonderry

**Whippersnappers:** Tim Theriault

### Manchester

**Fratello's:** Paul Luff  
**Milly's Tavern:** Manchuka  
**Raxx:** DJ Mike  
**Shaskeen:** Tristan Omand  
**Strange Brew:** Strange Brew All-Stars

### Meredith

**Giuseppe's:** Michael Bourgeois

### Merrimack

**The Homestead:** Steve Tolley

### Portsmouth

**Dolphin Striker:** George Belli

### Wednesday, Jan. 30

#### Concord

**Hermanos:** John Franzosa

### Dover

**Fury's:** Doeboy's Lunchbox

## COMEDY THIS WEEK AND BEYOND

### Friday, Jan. 25

#### Manchester

**Headliners:** Mike Koutrobis

### Saturday, Jan. 26

#### Keene

**Colonial Theatre:** North Shore Comedy

### Manchester

**Headliners:** Mike Koutrobis

### Friday, Feb. 1

#### Manchester

**Headliners:** Chance Langton

### Saturday, Feb. 2

#### Manchester

**Headliners:** Chance Langton

### Friday, Feb. 8

#### Manchester

**Headliners:** Johnny Pizzi  
**Palace Theatre:** Jim McCue

### Saturday, Feb. 9

#### Manchester

**Headliners:** Johnny Pizzi

### Friday, Feb. 15

#### Londonderry

**Headliners:** John Turco, Graig Murphy, Jody Sloane

### Manchester

**Headliners:** Mike Donovan

### Portsmouth

**Music Hall:** Comedy XXtravaganza

### Saturday, Feb. 16

#### Manchester

**Headliners:** Mike Donovan

### Rochester

**Rochester Opera House:** Frank Santos, Jr.

### Friday, Feb. 22

#### Manchester

**Headliners:** Tom Hayes

### Saturday, Feb. 23

#### Manchester

**Headliners:** Tom Hayes

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**SIGNS OF LIFE**

All quotes are from *The Voyage Out*, by Virginia Woolf, born Jan. 25, 1882.

**Capricorn (Dec. 22 – Jan. 19)** As the streets that lead from the Strand to the Embankment are very narrow, it is better not to walk down them arm-in-arm. If you persist, lawyers' clerks will have to make flying leaps into the mud; young lady typists will have to fidget behind you. Make sure you're not blocking the sidewalk.

**Aquarius (Jan. 20 – Feb. 18)** In the streets of London where beauty goes unregarded, eccentricity must pay the penalty, and it is better not to be very tall, to wear a long blue cloak, or to beat the air with your left hand. Make room for eccentricity.

**Pisces (Feb. 19 – March 20)** Each of the ladies, being after the fashion of their sex, highly trained in promoting men's talk without listening to it, could think — about the education of children, about the use of fog sirens in an opera — without betraying herself. You'd be amazed what people are thinking about. You should stop and ask.

**Aries (March 21 – April 19)** She was talking nonsense, but not worse nonsense than people usually do talk at breakfast, the cerebral circulation, as he knew to his cost, being apt to give trouble at that hour. Don't start serious negotiations before breakfast.

**Taurus (April 20 – May 20)** There were no blinds to shut out the sun, nor was there any furniture to speak of for the sun to spoil. ... As for hot water — at this point her investigations left her speechless. It may be time to start fixing up a fixer-upper.

**Gemini (May 21 – June 20)** To feel anything strongly was to create an abyss between oneself and others who feel strongly perhaps but differently. It was far better to play the piano and forget all the rest. Feel strongly. Play the piano.

**Cancer (June 21 – July 22)** She would not admit to herself that she was in love with him or that she wanted to marry him, yet she spent every minute when she was alone in wondering what he thought of her. It's time to get honest about what you want.

**Leo (July 23 – Aug. 22)** She reflected that she had never yet asked him whether he had been in love. They had got further and further from that subject instead of drawing nearer to it, and she could not help feeling it a relief when William Pepper, with all his knowledge, his microscope, his note-books, his genuine kindness and good sense, but a certain dryness of soul, took his departure. Don't shy away from the important questions.

**Virgo (Aug. 23 – Sept. 22)** Deep in an arm-chair he was reading ... the door opened, and [a] young man, who was inclined to be stout, [came] in with large naked feet. You will be interrupted by a man with large naked feet.

**Libra (Sept. 23 – Oct. 22)** The preliminary discomforts and harshnesses, which generally make the first days of a sea voyage so cheerless and trying to the temper, being somehow lived through, the succeeding days passed pleasantly enough. On the other side of harshness there is pleasantry.

**Scorpio (Oct. 23 – Nov. 21)** Helen handed Willoughby the butter ... and reflected, "And she married you, and she was happy, I suppose." She went off on a familiar train of thought, leading on to all kinds of well-known reflections, from the old wonder, why Theresa had married Willoughby? You may never understand.

**Sagittarius (Nov. 22 – Dec. 21)** Hewet contemplated the angular young man who was neatly brushing the rims of his toenails into the fire-place in silence for a moment. Neatly trimmed toenails can be a sign of respectability.

**NITE SUDOKU**

**Conceptis Sudoku** By Dave Green

				1		2	
	9			8	6		
		2					7
7				8	5	9	
	5					3	
		3	4	2			6
5						1	
		6	5				4
	2		7				

**SU  
DO  
KU**

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Last week's puzzle answers are below

1/17

4	3	7	6	9	1	2	5	8
2	5	8	7	3	4	9	6	1
6	9	1	8	2	5	3	4	7
1	2	9	4	8	3	6	7	5
5	4	6	1	7	9	8	2	3
7	8	3	2	5	6	1	9	4
9	7	5	3	1	2	4	8	6
3	6	2	5	4	8	7	1	9
8	1	4	9	6	7	5	3	2

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Difficulty Level ★★★

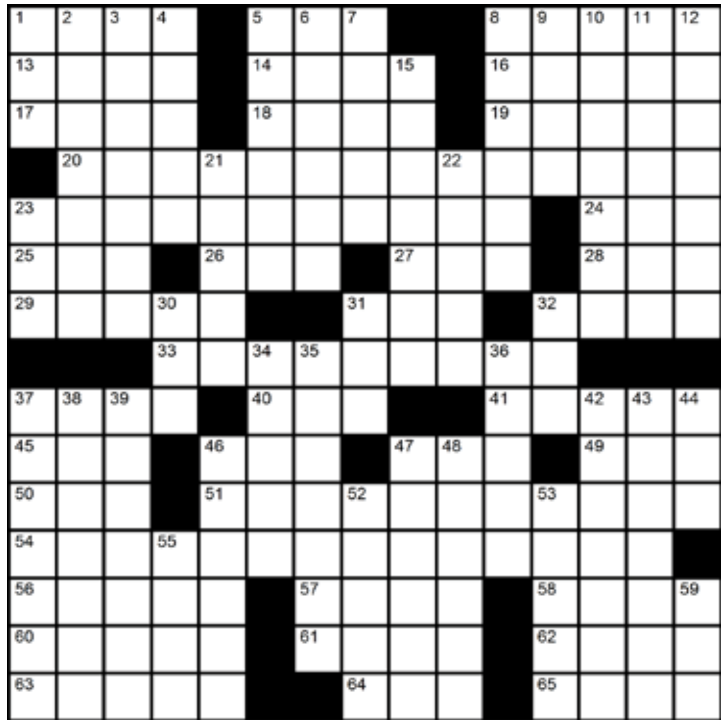
1/24



“Pass/Fail” — you’d better pass!

Across

- 1 Crafted
- 5 Trendsetting
- 8 Wife of the late Steve Irwin, a.k.a. “The Crocodile Hunter”
- 13 “Wonder \_\_\_ powers, activate!”
- 14 \_\_\_ the crack of dawn
- 16 Bolt who bolts
- 17 Three-piece suit piece
- 18 Rogen of “The Guilt Trip”
- 19 Artless
- 20 Lottery ticket that’s also a coupon?
- 23 Person who vilifies ad writers?



- 24 “106 & Park” network
- 25 Dr.’s org.
- 26 Abbr. at the bottom of a letter
- 27 Airline whose last flight was in 2001
- 28 The Magic, on scoreboards
- 29 Enticed
- 31 Enemy
- 32 Go back and forth
- 33 The purpose of milk, in the mind of a cat?
- 37 Bushy-bearded natural health expert Andrew
- 40 Landscaping stuff
- 41 “Animal House” college
- 45 “Ermagerd,” in shorthand
- 46 “\_\_\_ for Alibi” (Sue Grafton mystery)

1/17



- 47 Singer Bachman
- 49 Mighty Joe Young, for one
- 50 Memorial designer Maya \_\_\_
- 51 Grabbed the end of Indiana Jones’s weapon?
- 54 What your card says when Toronto’s NBA team sends you a present?
- 56 Woodsy home
- 57 Where flour is made
- 58 Stephen Strasburg’s team
- 60 “In \_\_\_” (Nirvana album)
- 61 “On the Waterfront” director Kazan
- 62 Drug bust unit
- 63 Underneath
- 64 Make eggs
- 65 Once more

Down

- 1 “Jersey Shore” network
- 2 Totally rad
- 3 Rotating power tool part
- 4 Diary writing
- 5 Anjelica of “The Royal Tenenbaums”
- 6 Old treatment for poisonings
- 7 Hedge maze possibilities
- 8 Arctic expanse
- 9 Those things, in Tijuana
- 10 Sherbet variety
- 11 Monaco’s region
- 12 How bunglers operate
- 15 “Oh yeah, I forgot there was another one”
- 21 Fail to be
- 22 Staircase post
- 23 Most populous state, in college nicknames
- 30 Grapeseed or sesame
- 31 Dahlia delivery option
- 32 Weekend retreat
- 34 1990 NBA Finals MVP \_\_\_ Thomas
- 35 “What’re ya gonna do about it?”
- 36 Key for Elgar’s Symphony No. 1
- 37 New member of the pack
- 38 Qatar, for one
- 39 Award bestowed by the Annals of Improbable Research
- 42 38-down neighbor
- 43 Letter
- 44 Salesperson
- 46 Urgent infomercial line
- 47 Muse of comedy
- 48 During leisure time
- 52 Give the third degree
- 53 Everlasting Gobstopper inventor
- 55 Surrealist Joan
- 59 Sty dweller

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## NEWS OF THE WEIRD BY CHUCK SHEPHERD

### Watchers Watching Porn

Perspective: A leading “adult” search engine reported in December that, over the last seven years, just two of the most popular Internet pornography websites it analyzes have been viewed 93 billion separate times, which averages to about 13 views for every person on Earth. Given the average viewing time of 11 minutes per visit, the search engine (PornWatchers.com) calculated that men (and a few women, of course) have spent about 1.2 million years watching pornography on just those two sites. Noted the search engine in its press release, “Say goodbye” to calling online porn a “niche.” “It’s in every living room on this planet.”

### Updates

• Almost-extinct vultures may be making a comeback within the Parsi community of Mumbai, India, after a pain reliever (diclofenac) nearly wiped them out. Parsis’ Zoroastrian religion requires “natural” body disposals (no cremation or burial) of humans and cattle, and bodies have always been ritually laid out for the hungry birds, but the community has also come to rely on diclofenac in hospitals and for cattle. When News of the Weird last mentioned the problems (in 2001), vultures were dying out from kidney damage caused by the drug, and bodies were piling up. (Parsis were exploring using solar panels to burn the corpses.) However, according to a November New York Times dispatch, clerics are reporting modest success in weaning Parsis off of diclofenac, and the vultures appear more plentiful.

• “Washington State, Known for ...”: When a man died of a perforated colon in 2005 in Enumclaw, Wash., while having sex with a horse (at what news reports suggested was a “bestiality farm”), the legislature passed the state’s first anti-bestiality law, which was used in 2010 in another “farm” case, in Bellingham, 110 miles from Enumclaw. A British man had sex with several dogs on the property of Douglas Spink, who had allegedly arranged the trysts, and the man was convicted and deported, but Spink was not charged (though instead was re-imprisoned for an earlier crime). In November 2012, with Spink nearing release, prosecutors filed bestiality charges using evidence from 2010, involving “four stallions, seven large-breed male dogs” and “13 mice, each coated with a lubricant.” According to the Bellingham Herald, Spink (acting as his own lawyer) denounced state officials and “the bigotry behind the (law).”

### Recurring Themes

• Least Competent Criminals: Peter Welsh, 32, and Dwayne Doolan, 31, weren’t the first burglars to try breaking

into a building by smashing through the adjoining basement wall, but they might be the clumsiest. Their target, on New Year’s Eve, was Wrights Jewellers in Beaudesert, Australia, but trying to smash the front window failed, as did smashing the rear doors, which were actually those of another store. They finally settled on the basement option, but absentmindedly broke through the opposite-side wall and wound up in a KFC restaurant. (Undaunted, according to police, they robbed the KFC of about \$2,600.)

• Once again, a public library has been sued for gently asking a patron to leave because his body odor was provoking complaints. George Stillman, 80, filed a \$5.5 million lawsuit in October against the New York Public Library for feeling “humiliat(ed)” by the staff of the St. Agnes branch in Manhattan. Stillman said he views body odor as mere “challenge(s) to the senses” and “a fact of life in the city.” Actually, he had also denied that he had any body odor at all, but a New York Post reporter, interviewing him about the lawsuit, said she noted “a strong odor.”

• Drunk drivers often try to avoid hit-and-run charges by claiming that they did not realize they hit anything, but their odds drop if there is a dead pedestrian lodged in the windshield, as with Sherri Wilkins, 51, who was arrested in Torrance, Calif., in November, 2.3 miles from the crash scene, after other drivers finally persuaded her to stop. (Wilkins, it turned out, is a “rehabilitated” drug user who worked as a counselor at a Torrance drug treatment center and who claimed to have been sober for 11 years.)

• Women’s love-hate affairs with their shoes is the stuff of legends, but a Memphis, Tenn., podiatrist told Fox News in November of a recent increase in women deciding on what might be called the nuclear option — “stiletto surgery” — for horribly uncomfortable, yet irresistible, shoes. Either the shoe must go or the foot, and more are choosing the latter (or at least the pinky), to be removed or reduced by surgery.

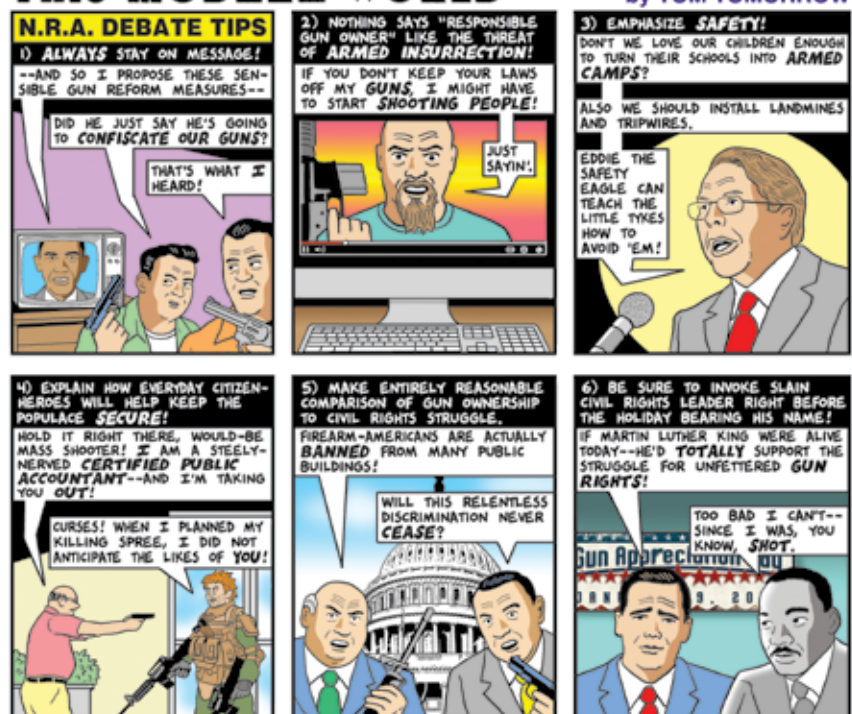
• Once again, a familiar, vexing legal question was tackled in New York City in December when Dr. Diana Williamson was sentenced to three years in prison after a conviction for defrauding Medicaid of \$300,000 by writing bogus prescriptions. She had vigorously asserted “her” innocence, in that, she said, only one of her multiple personalities (uncontrollable by the others) had committed the crime. (The most memorable News of the Weird “dissociative identity disorder” case happened in 2002, when a Montana judge favored a woman by ruling that her spontaneous murder confession as one identity was inadmissible because one of her other identities had already “lawyeruped” after a “Miranda” warning.)

• Whose Best Friend? In Westfield, Mass., in August, and near Eureka, Calif., in November, families of dog owners drowned trying to save their pooches, who had fallen into a lake and the ocean, respectively. Both dogs survived.

*Are you ready for News of the Weird Pro Edition? Every Monday at [newssoftheweird.blogspot.com](http://newssoftheweird.blogspot.com) and [weirduniverse.net](http://weirduniverse.net).*

## THIS MODERN WORLD

by TOM TOMORROW



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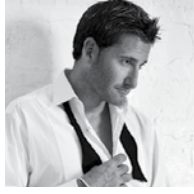


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### COMMANDER CODY



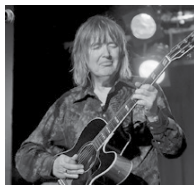
**Fri.,  
February 1**  
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\$25  
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### SIXPENCE NONE THE RICHER



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8:00 p.m. • \$20/\$25 • RS-Theater

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8:00 p.m.  
\$30/\$35  
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**BLUE ÖYSTER CULT - Fri, Feb 1**



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VOODOO DADDY**  
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Auto Show Bonus Cash:.....\$500  
Lease Conquest\*:.....\$1,000  
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